

A Rainbow of Riches

An abridged autobiography a tribute to my life

If you asked me to describe my life I would call it a Rainbow of Riches because there are so many colorful and vivid` experiences, so many things I have strong feelings for, so many subjects I have studied and learned about. In my youth [I was deeply inspired by the dance](#). I studied about Isadora Duncan, Martha Graham, Jose Limon ... I was a Dance Major at Adelphi College, studied choreography, ballet and modern dance. I studied with Alwin Nikolais in NYC and Ann Halprin in San Francisco. I choreographed dances with a group of women and performed them in St Marks church in NYC. I became interested in and studied Middle Eastern Dance in NYC and later at the Ananda Ashram in Monroe NY and am deeply moved by performances of Classical Indian Dance. And when I moved to Ulster County in my fifties I started African Dance studies.

Later in life many more opportunities opened up for study and my interest blossomed into other avenues. I found myself with a deep affinity for [astrology](#). Like a fish takes to water, it became second nature to me, and I have an astrological photographic memory. Astrology is part of the fabric of my life. I studied astrology at a school in California and I studied with the famous astrologer Charles Jayne in Monroe NY .and other places offering instruction. I do astrological counseling for friends and professionally also. After astrology came interests in crafts, botany, medicine and healing. At this time (the sixties) America was being inundated with Eastern Spiritual Philosophies. The West was meeting the East and sooner or later you would be bumping into some Guru, some teacher some conscious raising group, and it was there for the taking if you wanted it.

From about 1965 to 1970 I was with a group called Theater of All Possibilities led by John Allen. I met this group in San Francisco and later they moved to New Mexico. Life was opening up to the land to the environment, to the exploration of different crafts, growing your own vegetables, learning different skills, learning how to sustain yourself. John Allen was a systems ecologist, engineer, metallurgist, adventurer and writer and the man who orchestrated the Biosphere Experiment in 1991 (which was on the news several times) and author of "Me and the Biospheres a Memoir of Biosphere 2" and the man with the vision to build Vajra Hotel in Kathmandu. A quote from John Allen " Vajra Hotel's opening in 1978 realized one of my fundamental objectives in life of bringing together in one place representatives of East and West, culturally, and North and South politically. John Allen saw himself as a synergist interested in ecology, research in solar and wind energy, sustainable agriculture, architecture, theater, poetry, and art. I choreographed several dances there as well as learn to grow vegetables and explore different crafts. The Ranch in New Mexico was called Synergia and John Allen was it's guru.

For a short time I studied with Robert S. de Ropp author of the books "The Master Game" "Drugs and the Mind" and many others. He had a small group of people in Santa Rosa California. He was a student of Ouspensky who was a student of Gurdjieff.

What was most striking to me about his group was the sacred dances and movements. Everyone there had to make their own prayer rug to do their sacred dances on. The music was played on a guitar, drum and flute and was very mystical and spiritual and literally transported me to another world. It changed my perspective about dance from a subjective to a more objective viewpoint

This was a very different taste from anything I experienced previously. Was I experiencing objective art when doing the movements?. In an article by Dr Anna Challenger called "Gurdjieff's Theory of Art" Gurdjieff explains what he means by objective art ". For Gurdjieff subjective art is not authentic art it is

the result of mechanical, unconscious human activity and most humanity is unconscious according to Gurdjieff. For this reason he calls subjective art soulless in that it results from little or no consciousness on the part of the artist.

On the other hand 'objective art' is authentic art in that it results from deliberate pre meditated efforts on the part of a conscious artist. In the act of creation the true artist avoids or eliminates any input which is subjective or arbitrary and the impression of such art on those who experience it is always definite. To the degree objective art is the result of consciousness, it inherently possesses soul," states Gurdjieff. Gurdjieff gives as examples of soulful objective art, the paintings of Leonardo da Vinci and the Taj Mahal.

Here is a quote from Osho News... "The ancient Art was not only art: it was, deep down, mysticism. Deep down it was out of meditation. It was objective in Gurdjieff terminology. It was made so that if somebody meditated over it, he starts falling into those depths, where God lives."

This is a very interesting and deep subject and my understanding of what objective art means and what Gurdjieff wants us to understand may be minimal at best. I do know that after doing one of Gurdjieff's sacred dances at de Ropp's I experienced something different and rare so much so I felt a transformation take place in the state of being. The sacred dances touched something inside of me that went beyond my personal feelings and opened a door to a sacred place which I will call (for lack of better words) a non-dualistic spacious reality. Or put in the words as stated above from Osho News " those depths were God lives". I was impressed by that.



[In 1971 I joined the Gurdjieff Community in Warwick NY](#) under the auspices of Dr Nyland. Gurdjieff was a Spiritual philosopher and Mystic with a profound mission to wake humanity from it's sleep. I was there till 1995. Also in 1971 I became a mother to my son Reuben (who today resides in NYC is a Dr of clinical Psychology, does research at Columbia medical, has a private practice and is married to his wife Anna who too is a Dr in Clinical psychology and in 2017 I became a grandma to Ira their adorable Capri-corn Monkey son.

I am going to say a little about my son because his situation growing up was different then most, and a bit unique. When I arrived at the Gurdjieff group I was a single mother and still pregnant. I rented a room for a couple of months but as I got closer to delivery I stayed with my sister and her husband for a short time and after I delivered I looked for a place to live. Barry and his wife Carla part of the Gurdjieff community, were renting a very big house in Florida NY and they had a room for rent and I rented from them. They were very upbeat. Carla among others things was a [Batik](#) artist and I learned batik from her. Barry was a electrician but also knew a lot about alternative medicine and opened my life to homeopathy. I rented there for a year then another opportunity opened up at Victor's a member of the Gurdjieff community and one of the Movements instructors. Victor had just bought a house and was renting the upstairs and I rented from him. I was there for a year or two. After that an opportunity opened up to manage the Gurdjieff Group's Guesthouse. The Guest House was the place you could stay if coming from afar or up from the city. Every weekend the Gurdjieff group had what they called their workdays and people interested in the work of Gurdjieff would want to come up and stay for the weekend. I got free room and board and a small salary. I ran the Guesthouse for a number of years.. In the beginning I was managing this with my friend Jeffery.

Also for a period of time we got called to Brewster to take care of Mrs. Nyland, Mr. Nyland's wife. [Mrs. Nyland or Ilonka Karasz was a famous artist](#) best known for her covers of the New Yorker Magazine from 1925 to 1987. She was a figure bigger then life, built and designed her home, designed her own furniture,

had amazing gardens up in Brewster NY. She was a force to reckon with. Many people were terrified of her. She was quite on in age an a bit bedridden (but no less powerful) so different people from the group would go up there for a time and be with her. So there I was with my son in this amazing home and I was a bit terrified my son might break something make a mess, be to loud after all he was still a very young child.. However on the contrary it was me who was the klutz he never broke anything, put anything out of place , or raised his voice however I broke a couple of things. It was an amazing experience to be with such an artistic giant.

So my son was raised by a single mother in the Gurdjieff group moving from place to place like a gypsy not your typical family setup. This is also a time when being a single parent is not exactly acceptable by society. So that was tough for both of us, but particularly for him not having a normal home life like other kids. But despite all this he kind of amazed everyone. He was very well mannered got straight As in school and many other rewards. I never had to ask him to do his homework and he never needed any help doing his homework. When he was 11 he told me, I do not want to go to Warwick High they are prejudice smoke cigarettes, and take drugs and that he wanted to go to a good school so he could get a good education and get a good job. He ended up going to a very prestigious Private High School- North Field Mount Herman, in Mass. He was excepted there without an interview (when they saw his records) He spent 2 month abroad in Egypt at Northfield and the school wrote me a letter saying overseas programs were made for people like him. After Northfield Mt Herman he went to Goddard College in Vermont and there he spent time trekking in Nepal. He got his Masters at Naropa in Colorado and then got his PhD at Fordham and he did this all on his own. When he was in Colorado getting his masters he worked full time 24/7 taking care of a child that was taken from a home because of abuse; the child lived with Reuben for four years. He is world traveled has been to Japan, South America, Egypt, Nepal, England, Spain, India and goes to South Africa twice a year for Columbia Medical Center overseeing an Aids program. They expected it would be me with my crazy life style who would be having the child with a lot problems or drug abuse. As you can see that did not happen. Go Figure!

Gurdjieff's work attempted to create a bridge between man as a Survivor and man as a Conscious Spiritual Being. This was done through the various levels of his work: the business or right livelihood,-- the impartial observation of yourself through the creation of an I,-- the meetings discussing these observations,---- the Movements or Spiritual Dances,---- Music---- and the work days. I would call the business and the work days the heart of the Work and the other steps the Mind and the Soul of the Work (though not sure if that is the way it goes). Right Livelihood means that what you do (your source of income) is not a mindless mechanical decision but an attempt to become something or do something that has meaning to you. You could explore any avenue, wherever your aptitude takes you, construction, electrician, pottery, jewelry etc. I was interested in the arts and had developed an interest in the art of Batik (a textile craft) and started Chardavoyne Batik, which I did for many years and the craft blossomed . Mr Nyland supported the Activities in whatever way he could. Also I did a lot of work in the food business, the group had a bakery called Amity Bakery I worked there doing a lunch business and baking too. I made many meals for the Guesthouse and Barn, worked as a professional chef in a 5 star restaurant in Sugarloaf NY called the Sugarloaf Inn, did waitress work in a variety of restaurants and did a lot of cooking being a mom. So I managed the Guesthouse, worked at the bakery (which was physically connected to the guesthouse) and worked at becoming a batik artist while raising my son. Also at times I would choreograph a dance or instruct some Belly Dance Classes.

I have always felt a deep connection to Gurdjieff's work as he attempted to create a bridge between man as a survivor and man as a spiritual being which he did through the various levels of his work. The friendships I made in the group are deep and are with me to this day, I was a student there from 1971 to 1990

Also I met Gary in the Gurdjieff Community in 1976 (I was managing the Guest House at the time) a new arrival to the group. It would prove to be a special connection. Gary felt an affinity to the glass blowing activity (Chardavoyne Glass) and started to apprentice with the glass blower. It was a match (the inside met the outside) and he blossomed into an exceptional glass blower. In the year 2000 his work was featured on the cover of Smithsonian Magazine. His Art is also represented in the American Art Museum and in many other places. I felt lucky to meet Gary we seem to resonate well together, and was grateful he was in my life, not just for me but for my son too. I was with Gary for six years and was married for two of those years. I was in it for the long run but destiny would have it otherwise (as we shall see later). We parted ways in 1982.

The 1980's was a time of change, discovery and physical challenge. At this point my life is shifting from the arts (but not leaving the Arts) to alternative medicine, plants and healing, and in 1980 I became interested in meditation and very gradually became a student of Buddhism (which I am still at present) and eventually broke (12 years later) from the Gurdjieff Community, as I could no longer ride two horses at once.

In 1980 I took what was called a Career Workshop. There was a questionnaire that asked a million questions and **I discovered that I would really love to work outside**, because when the questionnaire asked the question would you like to work outside I never experienced such a big yes come out of me from the depth of my being (this was a surprise to me). So I started to look for jobs at Greenhouses and low and behold this stunning new greenhouse in New Milford only 7 miles from home called [Jockey Holler Nursery](#) was opening and they hired me. This was a family run business mostly run by the daughter Donna who recently graduated from college with a Botany degree. Both her parents were experienced farmers, but her husband on the other hand (also a college graduate) worked on wall street but worked in the garden center on the weekends. They created a beautiful garden center made the inside very elegant and made information about plants available because they wanted to educate people about plants. This is when I developed a passion for plants and gardening. Since this time I have always maintained multiple gardens.

I spent several years as a volunteer gardener for KTD Monastery in Woodstock NY and have helped people start gardens elsewhere

Also the early 80's was the introduction into my life to Energy and Alternative Medicine. Forms of alternative medicine will become very important to me from this point on because allopathic medicine will not be a good fit for the kind of mysterious or you might say undiagnosible conditions that have come my way; and doctors will not be able to treat me allopathically, so gradually I had to search out alternative medicine or become my own healer for the most part, using Homeopathy and Energy Medicine to help myself.

[Echo Lane My Mom's Estate](#) In 1980 I took a Jin Shin Jyutsu workshop (a Japanese form of energy medicine) because I thought it might be able to help my mother who recently had been diagnosed with Cancer (Aug 1981) and help me with some of the physical changes I was going through. Five years previous to her diagnose she had moved upstate to Warwick to be near her children and purchased a barn on Distillery Road now Echo Lane and converted it into her home. The barn had two small basement studio apartments, huge spaces upstairs, and it sat next to a lake on a private road. My mother was a noted piano teacher, an amazing sight reader and member of the National Guild of Piano Teachers. Her Two Steinway pianos came up with her in 1975 and fit very comfortably in her converted barn living room with the cathedral ceiling, and windows looking out onto the lake.

I worked on helping her as much as I could with the Jin Shin Jyutsu after the diagnosis but the cancer was very advanced and on Dec 18 1981 she lost her battle to Cancer. Previous to this on April 20th 1981 my father died of a heart attack they were not together at the time, they had recently separated, he was in Miami Florida where he had family. My father was a photographer and film producer some of the documents he produced are *Sponge Fisherman with Margaret Mead*, *Your Child is a Genius*, and he documented a film on Dr Linkow's work with implants who designed the blade implant to avoid removable prosthesis. Although throughout the world Dr Linkow is considered "the father of implantology" and even has a street named after him in Germany he never claimed to have invented implants. He gave the Egyptians the credit for that. What he did do that was outstanding was to promote this technology worldwide..

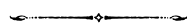
There was a strong bond between my mother and father but later in life their energy began to resonate less together and the gap between them got wider and wider and they ended up separating. Both were humanitarians interested in the arts and sciences. [My father is well known for his photography](#) (photo at bottom of the page) and my mom for her ability to read and play classical piano music and appreciate fine art.

So just before I got married my father died and right after I got married my mother died and I was faced with what to do with the estate.

Nobody was prepared for this and nobody had a clear vision of what to do. Life was taking us by surprise like we were being hit by a tidal wave. My sister was busy and she volunteered us (Gary and I) to do the job. Gary agreed to do it, and with no discussion, the deal was sealed.

The amount of work was massive and time consuming and we had to move from our apt to the house to accomplish it. Gary completely committed himself to doing the job and he could not have done more and I could not have done more or better than we did, but still even with all this positive and energetic work being done to get the estate ready for sale, there was no positive feedback, only unresolved family issues, that were not being resolved, retarding the progress and destroying the peace. The situation was becoming unmanageable and in the light it already was a very difficult situation extremely taxing for both Gary and I with no positive feedback, this unfortunately became the straw that broke the camels back and the relationship crashed. I did not blame him, in my eyes he acted like a saint he gave it his all. I was left at square one dealing with my unknown origin of disturbing family karma.

When you get a lemon make lemonade and I transformed the whole thing into a path of purification and motivating force for my spiritual practice. Once again I was on my own.



In 1986 I was interested in furthering my education in the direction of art used as a therapeutic tool and was seeking some kind of certification for this. In 1990 I received a Bachelor of Professional Studies in "[Therapy through the Arts](#)" a program I designed myself through Empire State College, this was an interdisciplinary study involving both the Sciences and the Arts. It was an attempt to identify and understand aspects of art that are therapeutic which assist human development and contribute to a sense of well being. I wanted to learn a method of communicating and sharing this knowledge so that others could receive the benefits from these innate healing qualities.

I got a chance to put some of this into practice when in 2003 I was hired as an Activities Leader at [Gold-
en Hill Nursing Home in Kingston NY](#). Here I was able to apply much of my knowledge of Art therapy. I worked there till Dec 2010. I have documented the many creative projects done there and they are available to see. Also in 2002 Canal Lodge a senior daycare center in Ellenville NY received a grant to hire an Art Therapist for a limited period of time and I was hired for that position. This work is also documented.

Also as part of my degree program I worked with developmentally challenged individuals at Crystal Run Village in Middletown NY for a year and was very pleased with some of the results I got through applying art therapy.

My interest in healing modalities never stops growing and in 1993 the opportunity opened up for me to study [Classical Homeopathy](#) at the Hudson Valley School of Classical Homeopathy in New Paltz, NY led by David Kramer, and in 1995 I completed my Certificate of Competency in Homeopathy.

In 2009 I became interested in [Reike](#) and completed my First and Second Degree of Reike Training at the Subtle Energies Health Center in Chester NY taught by Connie J. Wehmeyer

In 2012 A Free Alternative Medicine Clinic opened called The Rondout Valley Holistic Health Community in Stone Ridge NY, I was a volunteer there till 2016.

In Sept 2017 I completed the 105 hours of [Jin Shin Jyutsu](#) Physio- Philosophy training under the auspices of Jed Schwartz and other trainers in Woodstock NY



Transition

From Warwick NY in Orange County to Accord in Ulster County

The features have changed, the terrain has changed from Orange to Ulster County. What will Ulster County have in store for me?. Warwick had changed from a ghost town when I arrived in 1971 to a thriving metropolis when I left in 1995, but even before this change Warwick was more of a plush town, you see beautiful old mansion, well manicured gardens it is more cultivated has abundant foliage and lush lawns. It is a beautiful town. Warwick recently built a new Library it can hold a candle to Lincoln Center quite a masterpiece. To describe Ulster County I would say it is more rugged, there is less pretence here, I find it more relaxed easy going, Settings are more spacious, there is more distance between things, I personally feel much more comfortable in Ulster County then I ever did in Orange County, I find being a rural is more agreeable to me then being Urban.

[In 1995 I moved to Ulster County and became a first time home owner in Accord NY.](#) My ties to the Gurdjieff work, but no less deeply fond of it, were beginning to run on a back burner, as more and more of my energy was going to my meditation practices. Warwick which was practically a ghost town when I arrived there in 1971 was now a thriving metropolis and was being filled with yuppies (a young person with a well paid job and a fashionable life style) . Main street Warwick is now a congestion of cars bumper to bumper that was so not the case when I moved there in 1971. Prices were going up and I did not think I could afford to live there and as the house that I was living in (my mothers estate) was for sale I needed to start looking for a place to live. I did a lot of looking and at one point a pretty good deal came up in Tillson in Ulster County, it was a well built two family just what I was looking for . The house I was living in was in a contract and the seller in Tillson took my bid over the other bid but my bid was contingent on the sale of my house going through. Sadly and I remember how disappointed I was the person went out of the deal for my house and I lost the Tillson deal I was crushed. The house in Warwick did finally sell so I had to leave. My friend Janine who just got married was building a house on a property they bought in Accord. They had a little trailer on the property and they let me stay in the trailer. I kept looking for a place to buy. Then out of the blue some friends of theirs had just been shown a house that was being sold by the owner but it was not a fit for them. I asked if I could see it. Because I had seen so many houses in a certain price range I knew this was the best deal I was going to get for the price, and the

property had charm. **I had 40 thousand dollars from the sale of my mother's Estate and was able to buy this property in cash for 35 thousand. No mortgage no complications, life just got simple. I considered this a miracle. I called it my Golden Goose.**

It was a sweet little house on a quaint old country rd with a lovely property with plenty of room for gardens and it had a 30x 30 outbuilding. On one side it even had a lovely mountain view, and the back of the property went downhill into some deep woods. So you had it all, open space on one side that was very sunny, and open space on the other side that had partial shade and in the back it went down into a valley of deep woods. Also because of the outbuilding I was able to have workshops at times, summer gatherings and a place to store all my garden tools, a nice feature.

I was now a rural person as the land was situated outside towns and cities. I thought to myself this could be a bit inconvenient but as it ended up I got the better end of the stick. The peace, the quiet, the serenity, the beauty the freedom, was worth any inconvenience that the location claimed. I call it the best thing that ever happened to me, and the light at the end of the tunnel. No mortgage, no body to answer to, peace and quiet, nobody could tell me what to do, nobody to tell me to leave, nobody to raise the rent, nobody to accuse me of anything. I could have lots of gardens, and the neighbors were really nice. I made a living at free lance home care for the elderly while I worked on creative projects. When Spring came I was out there setting up my gardens. People would stop to look at the gardens and it made them very happy seeing all the flowers. It made me feel good I was making a positive contribution to the road I lived on.

Ulster County has its special features and one of them is the [African Dance Community](#) and the very high quality of its art and the authenticity of its art.

The community was created by Carol Chappell a true African Dance missionary who made it her mission to preserve this precious art form, and has an African Dance photographic memory. All the classes are amazing and are all accompanied by live musicians.

I studied with Pam Lord for 20 years (who studied with Carol) who taught in my area in Stone Ridge but since I moved to Woodstock have been studying with Carol for the past two and a half years as she teaches here in Woodstock.

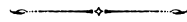
As I mentioned before in 1980 I became interested in Meditation and very gradually became a student of Buddhism, and it is in Ulster County in Woodstock New York, where the [Tibetan Buddhist Monastery](#), Karma Triyana Dharmachakra The North American Seat of his Holiness the Karmapa, is located. It is a center for Buddhist studies, a resource of teachings, teachers, retreats, and opportunities to reflect and meditate. Khenpo Karthar Rinpoche is the late (recently passed in Qct 2019 at age 96) abbot of the Monastery and has been my teacher since 1981 (and teacher to thousands of other devoted students) I have been a volunteer there for at least 25 years.

Much later on in my studies I became focused on doing retreats. I did my first Winter Retreat under the auspicious of Khenpo Karthar Rinpoche (a 3 month retreat Jan, Feb and March) in 2011. My retreats were less formal then one done in a monastery because I am doing it in my own home and I still have to cook my meals and go out shopping. Fortunately my home was in a location conducive to do a retreat. Even though less formal there are very strict rules in regards your commitment to your prescribed practices and the amount of time one must practice each day. I continued to do the three month Winter Retreat under the auspices of Khenpo for 2012, 2013, 2014, 2015. Definitely a game changer

Another thing I love about Ulster county is its State Parks (Minnewaska and Monhonk with its fabulous

beauty, hiking trails and great views

I lived in my Accord Home for 23 years from 1995 to 2017.



Transition from my home in Accord to Senior Apt in Woodstock NY

I knew the time was coming for me to figure out what to do with the rest of my life. My house was in a Life Estate for my son but he had no interest in the house. I begged my son to think about the house, that the house was his inheritance and owning a home would have more value than getting a portion of the money from the house if I sold it. He was not moved. He suggested that in the light I was getting on in age, the house might become too much for me to take care of and to consider moving to a senior apt. For me this would not have been a simple move. For me, staying in the house was kind of contingent on him being interested in the house, so that kind of sealed the deal for me as to which way to go; and I went into a much in-depth contemplation of all the pros and cons of moving to a senior apartment. It did make practical sense but I felt otherwise, and in the light I did not have a lot to work with (in the absence of family support , my age and my recently acquired cat allergy that practically wiped out my home care business) it looked like things were not going to go my way.

The idea was chilling to move to an apt; I had grown deep roots to my home in Accord. It did not make me happy but I knew I would have to find some way to adjust to this new line of thought so I started to do a lot of writing on the pros and cons of, if I stayed, or if I got a senior apt. When I first started writing, the thought of moving was totally appalling to me, it was all cons. By the end of the writing a transformation started to take place in seeing moving as a possible positive direction and the scale started tilting in that direction. I started to see it as an opportunity to reinvent myself. Also downsizing started to look very exciting like how would I get an entire estate into two rooms what an amazing challenge that would be. The whole idea of downsizing made a lot of sense. And one of the biggest pros was I did not have any savings and I would now have money to pay my funeral expenses and other needed expenses. The hardest part was the part I can't plan and the complications of the move itself. When you are on a list for a senior apt you do not have any control when you will be able to move in, it will not be up to you, it will be up to them, no matter how inconvenient it may be for you. And there was another complication to this. How was I going to pay for the upkeep of my house and pay for an apartment at the same time until the house sells? Nobody knows how long that is going to take to sell the house and I will have two houses to pay for and be facing the hardships and complications of navigating that difficult situation. Indeed the move had many challenges, many hardships but the challenges and hardships turned into excitement, also living a more urban life did have some pros, and I also was glad to be doing this for my son because it made him feel comfortable and it put his mind at ease. So my mind was made up; I was moving forward with moving and when it happened it took two and a half years of non stop challenge, crisis and stress. It was like I was on some kind of adrenaline high like I was in an Action Movie and that I was the Star. Like that movie "Mission Impossible"

June 2017 I get a call there is an apartment available, I take it, I put my house up for sale and the Action Movie begins. There will be a lot for me to navigate for this transition a lot of challenges. Challenge 1 keeping the house clean, the grounds kept and the gardens in shape so it will look good (I want the house to sell as fast as possible) and it will be me cleaning, mowing the lawn, and gardening, and I will have to be commuting to do this. **Challenge 2** paying the bills (for both now the house and the apartment) **Challenge 3** organizing all the moves (the actual moving of stuff coordinating peoples schedules, like person with truck and man power team who all have different schedules getting them to

meet at a certain date) **and challenge 4** getting rid of the stuff I can not take with me. for e.g. I had two pianos, one in the house one in the out building what was I going to do with them. I tried to sell them no response then I tried to give them away on Craigs list nobody wanted a free piano one of them in pretty good condition. I had to research piano companies to see if they took them and it ended that I had to pay a piano company 400 dollars to take them away and who knows what they do with them. And then there were the many time consuming endless weekend Barn Sales.

I would like to make a long story short and say that every challenge was trying, nothing was easy. I did get lucky in that I had a friend that was there for me in a big way Nancy DeVux and she really helped me. She and her partner Larry both had trucks and they helped me move a lot of the big stuff and she made me feel she was there for me every step of the way which really comforted me, so you do get lucky sometimes. I also did work in the form of landscaping and gardening at the Artfarm in exchange for man power to make sure their were some strong guys there for the heavy lifting.

I am commuting, half living in the house, half living in the apartment. At a certain point it becomes apparent I will at least have to rent out a room to make ends meet. This will be the most stressful, having strangers living in the house I am trying to sell. I advertised it as a house share \$400 a month utilities included, and that I would only be there one day out of the week to clean and take care of repairs (which I thought would be appealing) So in reality they would have a whole house to themselves, with non of my stuff in it because I now have a place to live the only downside is they are living in a house for sale. This was really rough, and the most stressful part. I had to drive back and forth interviewing people and I did not have a clue who to choose who was the good guy who was the bad guy, it was a three ring circus with the good the bad and the ugly.

Finally in April 2019 there was a buyer and the house went into contract I was told a month or two at the very longest to close; well one complication after the next came up with the buyers with their particular type of loan. With the onset of winter coming I did not want the closing to be any later then October because then I would not be able to finish what I needed to do if the snow starts coming. . Well October is here and they are still having problems. So I start to put the pressure on, first I told them winter is coming and I want to drain the pipes, and asked if they could do the walk through before draining the pipes. They did not like my idea. Then out of the blue a friend of mine who is wealthy became interested in the house and offered to buy it in cash so when the buyers were told there was an interested party ready to buy it in cash they finally started to get there act together and to make another long story short it finally closed on Dec17, 2019.eight months after them signing the contract. This was a two and a half year nonstop perpetual crisis. As soon as my Crisis was over the world went into crisis with the Coronavirus pandemic.

So at present I am living in a senior apt in Woodstock NY. [Since 2016 have been attempting to complete a book of piano compositions.](#) I have been working on this over the years. I started this journey when I was in the Gurdjieff group, after I purchased an old upright piano. Previous to the Gurdjieff group I had had a dream and in this dream there was all this music in my head, it did not have a theme, or a melody or any particular rhythm. When I woke from this dream I said to myself I have to get this music out of my head.

So this journey started with, first the dream and then the purchase of the piano in 1973 and since then have been attempting to compose pieces. Sometimes big chunks of time would open up and other times the project would be on the shelf for long periods of time, sometimes years. Since 2016 this project has been active, mainly because of the discovery of a recording studio just less then 3 miles (when I lived in Accord) away from my home called the ArtFarm, a state of the art recording studio in the woods in Accord NY that has been promoting Celtic music; it is also a bed and breakfast for musicians and has been

a retreat center for groups that need a natural environment away from towns and cities to do their work. The Art Farm is owned and run by Sean Boyd.

I continue my Buddhist studies, practices and affiliation with the Buddhist Community, am still going to African Dance class, and am slowly acclimating myself to the town of Woodstock. I like to take walks on the back streets of town because of the hills, many streams and waterfalls. The Town offers a lot of senior activities in the form of exercise, art, writing and drama classes that only cost a dollar. There are community garden plots available if you want to grow vegetables. On Thanksgiving and Christmas there is an abundant feast free to the residents of Woodstock and their friends and I am sure there is much more but that is all I am familiar with at the present

Becoming a grandmother in 2017 was very special. Even though I myself have not done anything I feel this as a great accomplishment an utter miracle, it is a deep joy that goes deep into my heart, a precious being that I can get to know and love



So this is the rainbow of all that I have illuminated in my life and have given color and also the various shades of black and grey of unresolved issues, failed relationships, shattered desires, financial limitations and disturbing family karma and although part of the rainbow, cannot hold a candle to the illuminating rainbow of color and light.

People are always asking me, am I happy now, and I hate that question because what they mean is, are you happy now that you do not have all that work to do taking care of a house, and the answer is no I loved taking care of my house. Moving from my house was the expedient thing to do in the light of circumstances. My house was special. Special means a very peaceful place, peaceful and silent and there was loneliness in a very positive sense. Also good conditions for a retreat.. The house for me was a very rare find, a very great gift. And as one saying goes all good things come to an end , and hopefully more good things are yet to come

Deep roots developed in my home in Accord. It was special for me with it's quaint simplicity and charm and so beautifully nestled in nature, a perfect representation of who I am and a place where my individuality was able to thrive .

The move from my home brings my life to an impasse and my next step is navigating this.