



January 14, 2022

Describe a meaningful symbol in nature (e.g., landscape, animal, plant, weather condition)

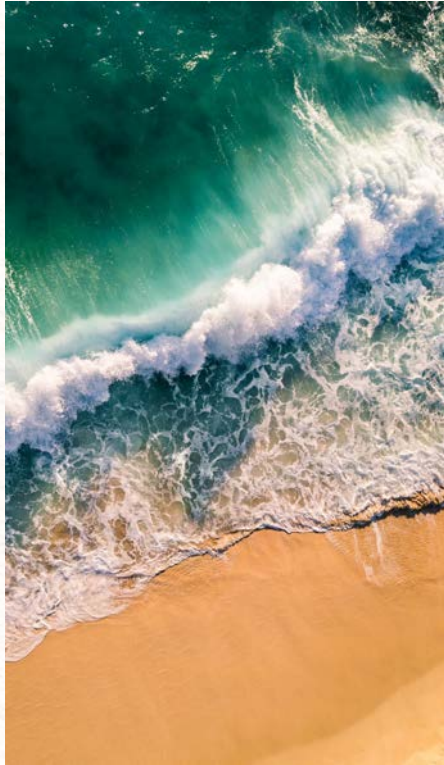
Why is it meaningful to you?

What are some words that embody this part of nature?

Does this symbol align with your current intentions for 2022



The Sea



*"soothing, ever-flowing, stormy weather reminds us of our dependence on her
...comfort, sustenance, pleasure, sanctuary, spiritual refuge"*

Sea Turtles (Honus)



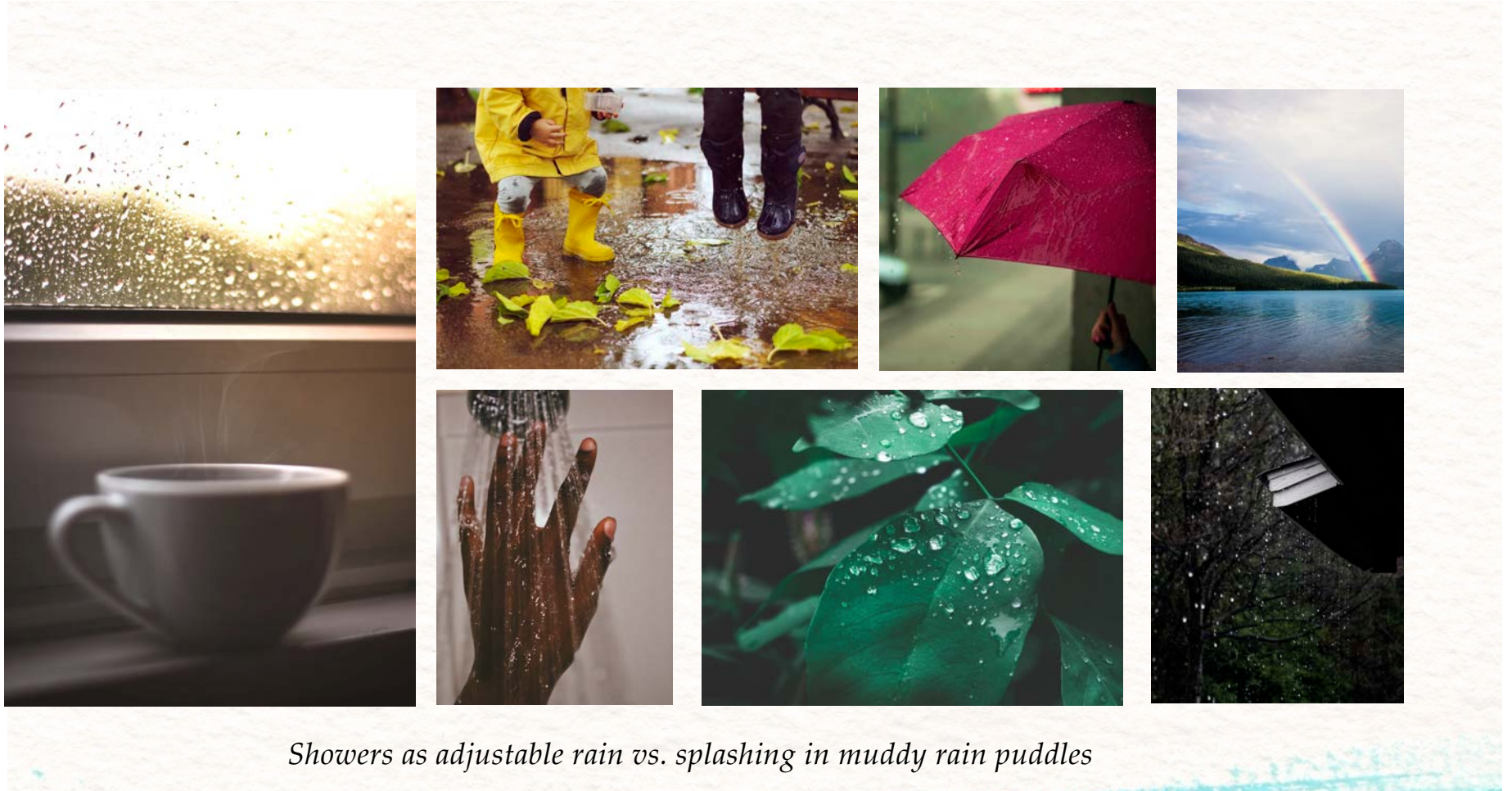
Made of shells from the sea. A reminder to slow down, take each day as it comes, be in the present moment. Longevity of this ancient creature and the surprising aspects provides perspective in times of uncertainty.

Lakes + Meadows



Stillness. Tranquility. Balance.

Rain Across Climates



Showers as adjustable rain vs. splashing in muddy rain puddles

Pianos + skills-building

"Dreams don't work unless you do"

"Repetition is the mother of learning."

"Playing and Instrument – starts to improve with analysis and mistakes

"...Nothing is fun until you're good at it... Tenacious practice, practice, practice is crucial for excellence... Once a child starts to excel at something—whether it's math, piano, pitching or ballet—he or she gets praise, admiration and satisfaction. This builds confidence and makes the once not-fun activity fun."

— Amy Chua, Battle Hymn of the Tiger Mother



<https://www.sfbg.org/flowerpiano>

Petals, Leaves, and Wings





Natural + Unnatural



Trails



Clouds



Cactii



Lily pads



Capybaras Integrating Community





Until we meet
again...in March!

"Let yourself be silently
drawn by the strange pull of
what you really love. It will
not lead you astray." - Rumi

