

More Stories e3 Circles

LAST YEAR I EMBARKED ON A COMPLETE CHANGE OF SELF.

I GOT SOBER, STARTED PAINTING EVERYDAY AND WHAT EMERGED IN THE SPRING OF 2017, THANKS TO TIM COLLOM GALLERY, WAS MY FIRST SACRAMENTO ART SHOW, FULL CIRCLE.

THIS NEXT SHOW, ROUND TWO, IS LESS ABOUT HOW LIFE FEELS NEWLY SOBER. I EXPLORE THE IDEA OF LIVING A JOYFUL LIFE DAILY.

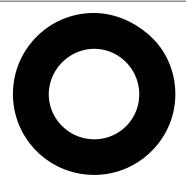
PUSHING BACK ON OLD HABITS AND GETTING COMFORTABLE IN MYSELF.

I USE STORYTELLING AND CIRCLES TO DIVE INTO THE DIFFICULT TASK

OF LIVING AS A WOMAN FILLED WITH GRATITUDE AND HOPE,

INSTEAD OF FEAR AND HOPELESSNESS IN OUR WORLD TODAY.

Works in Watercolor and Oil by Whitney Lofrano



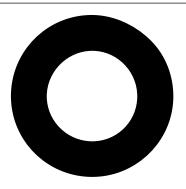
"Lots of Luck"

There is such joy in finding a single penny on the street. Walking along you can see the possibility in that shinning little object in your path. The act of seeing, reaching down, bending those knees and picking it up off the rough pavement... All for \$.01?

Nope. It is much greater. We pick it up because we are hopeful. Because we want luck to swing our way. Because we know that this little shinny piece of stamped metal has the power to shift our attitude and put chance on our side.



May 2017 - 22 x 30 Watercolor on Paper - \$1500



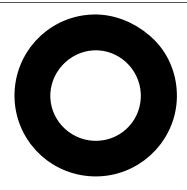
"Island Love"

MY MOTHER'S FAMILY LIVES IN HAWAII. WE WOULD VISIT YEAR AFTER YEAR. PLAY IN THE WAVES AND BASK IN THE CELEBRITY OF OUR COUSIN, THE FAMOUS BIG WAVE SURFER FROM KAILUA. BUT, THE BEST GIFT TO EVER COME FROM HAWAII WAS MY GODMOTHER KATHY. I AM FOREVER GRATEFUL TO MY MOTHER AND FATHER FOR GIVING HER TO ME.

HER LOVE IS STEADY LIKE THE WAVES FOREVER CRASHING ON THE BEACHS OF THE WARM SAND.



June 2017 - 22 x 30 Watercolor on Paper - \$900



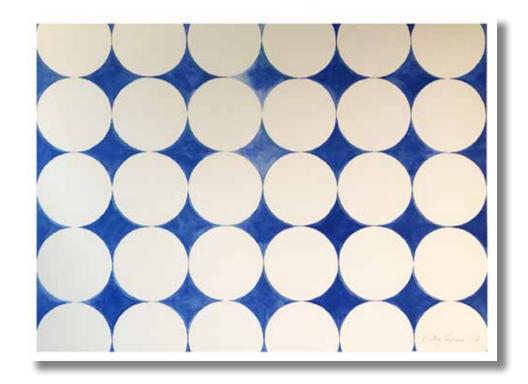
"When the Stars Align"

OR AS SOME CALL IT; SYNCHRONICITY.

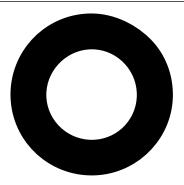
WHEN ON THE RIGHT PATH, I FIND THE UNIVERSE SHOWS ME THAT I AM WALKING THE RIGHT WAY.

I NOTICE DELIGHTFUL COINCIDENCES AND THAT IS THE GIFT OF LIVING OPEN, FREE AND IN HARMONY WITH THE UNIVERSE.

AND, LIKE STARS,
THEY MULTIPLY THE MORE YOU CHERISH EACH ONE.



June 2017 - 22 x 30 Watercolor on Paper - \$900



"Petal Shower"

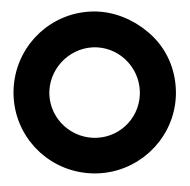
MORNING MEDITATION IS A DAILY PRACTICE FOR ME. WHEN THE WEATHER IS NICE, OUTSIDE IS THE BEST SPOT TO CLEAR MY HEAD AND SET MY INTENTION FOR THE DAY.

ASKING GOD WHAT TO DO WITH MY 6-YEAR-OLD AND HER BAD ATTITUDE, A GUST OF WIND SHOWERS DOWN PINK PETALS OVER ME AND MY SHADE UMBRELLA.

I DECIDED TO START THE DAY BY SHOWERING MY DAUGHTER WITH LOVE. SHE WAS JUST AS DELIGHTED AS I WAS SITTING UNDER THAT UMBRELLA JUST MINUTES BEFORE.



May 2017 - 22 x 30 Watercolor on Paper - \$900

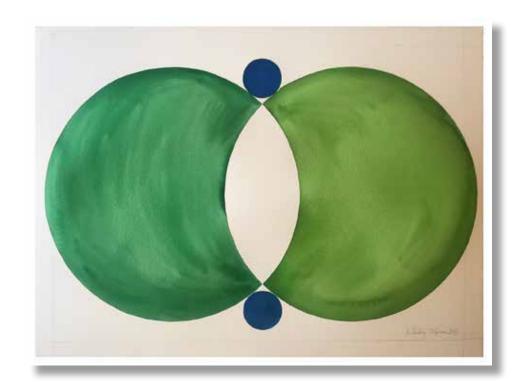


"I Love You More"

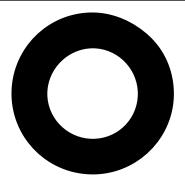
GRAM TAUGHT ME TO PAINT, SLOW DOWN AND TO ENJOY THE FINER THINGS IN LIFE.

WE HAVE A MUTUAL RESPECT FOR EACH OTHER'S CREATIVITY AND PAINT TOGETHER WHENEVER POSSIBLE. IN THE STUDIO WE DISCUSS OUR LOVE OF NATURE, COLOR AND THE COMEDY IN BEING HUMAN.

AT 93-YEARS-OLD SHE IS STILL LIVING ON HER OWN AND PAINTING ALMOST EVERYDAY. I BELIEVE WE ARE BACK FROM ANOTHER LIFE FOREVER UNITED BY DEEP TALKS AND LOVE. WHEN SHE LEAVES ME I TELL HER I LOVE HER AND SHE ALWAYS SAYS, "I LOVE YOU MORE."



June 2017 - 22 x 30 Watercolor on Paper - \$1000



"Shine On"

I HAD THIS GROUP OF FRIENDS. THEY WERE SO EXCITING TO BE AROUND. ALWAYS SEEMED TO HAVE THEIR FINGER ON THE PULSE OF "THE HOT THING."

PRETTY ON THE OUTSIDE, TORMENTED ON THE INSIDE.

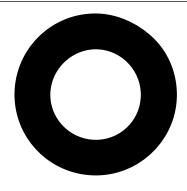
THE GOSSIP AND INSECURITY OF THIS GROUP STARTED TO FESTER INSIDE ME EVEN WHEN I WAS NOT WITH THEM I JUST FELT ROTTEN.

ONE DAY I LEFT. I FLOATED AWAY

AND STARTED TO SHINE AGAIN ON MY OWN.



July 2017 - 22 x 30 Watercolor on Paper - \$900

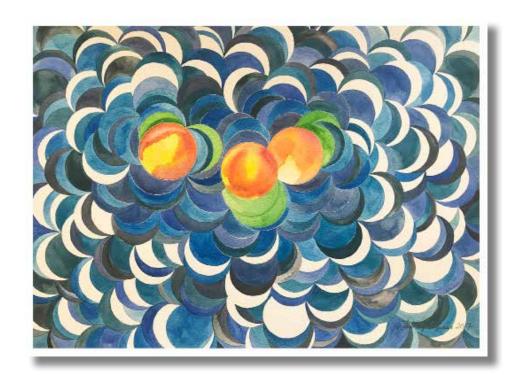


"Float Sweet Peaches"

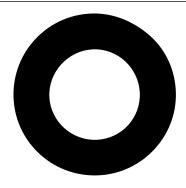
MY BABIES AND ME, SHOVED INTO THE DEEP END BY THE NEWS OF A FIFTH BACK SURGERY FOR MY HUSBAND. MY ONLY GOAL FOR THE WHOLE SUMMER WAS TO KEEP THEM ABOVE WATER AND AWAY FROM THE SWIRLING EMOTIONS SURROUNDING THE TORMENT OF MORE PAIN.

WITH NO SIGNS OF DAMAGE. I HOPE, ONE DAY, WE CAN LAUGH ABOUT THE SUMMER OF CAMP WHITNEY.

AND DURING HARD TIMES REMEMBER WE DIDN'T SINK FROM THE WEIGHT WE FELT AT THE CORE.



September 2017 - 22 x 30 Watercolor on Paper - \$1200



"Sarong it's Right"

SWIMSUIT SEASON. NOOOOO!

SHOPPING AT THE FLEA MARKET I FOUND THE MOST
BEAUTIFUL VINTAGE FABRIC AND IT SMELLED LIKE
COCONUT OIL. AUTOMATICALLY MY BRAIN PICTURES
SOME JET SET LADY SITTING ON THE BEACH IN FRONT
OF THE ROYAL HAWAIIAN CIRCA 1965.

SHE DOESN'T CARE WHAT HER THIGHS LOOK LIKE.

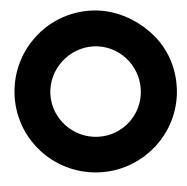
SHE IS TOO BUSY BEING GLAMOROUS IN HER

BEAUTIFUL PINK AND GOLD SARONG.

I WILL BE HER THIS SUMMER.



Spring 2017 - 22 x 30 Watercolor on Paper - \$1200



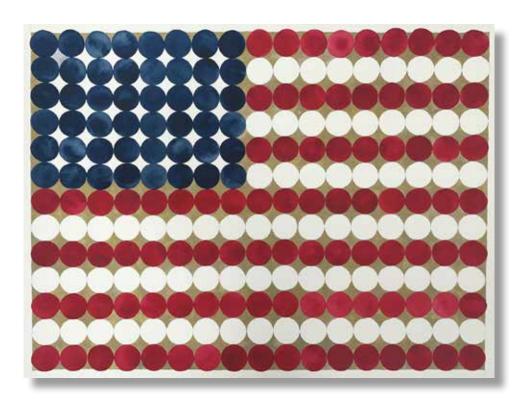
"These Colors Don't Roll"

LIVING IN SACRAMENTO PROPER, I SEE MANY AMERICAN FLAGS ALL SUMMER LONG.

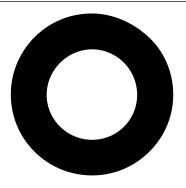
CALL ME WHAT YOU WILL BUT,
NOVEMBER OF 2016 STILL STINGS.

SOME STATES WERE ERASED IN THE MAKING
OF THIS PAINTING.

AMERICANA WITH A HINT OF ANGST.



Spring 2017 - 22 x 30 Watercolor on Paper - \$1200



"Your Corner"

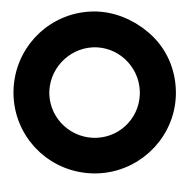
WHY AM I SO ANGRY? HOW CAN I BE FREE OF THIS FEELING AND MOVE FORWARD?

FINALLY, PLEADING WITH GOD TO BE FREE OF PARALYZING ANGER. I FINALLY CRACKED AND A SPOTLIGHT SHINES DOWN.

HIS HURTS ARE THE SAME AS MINE.
HIS FEARS ARE THE SAME AS MINE.
NOW WE CAN COME OUT OF OUR CORNERS AND
BE FREE TO LOVE EACH OTHER BRUISES AND ALL.



Fall 2017 - 30 x 22 Watercolor on Paper - \$1100



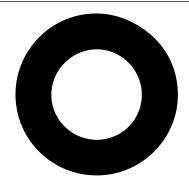
"At Sea With You"

HOLDING ON TO MY LITTLE ONES TIGHT THROUGH
THE SWIRLING SEA OF LIFE. CAREFUL NOT TO LET GO
WHEN IT GETS REALLY ROUGH. MAKING SURE THAT
THEY HAVE THE SAME RESPECT FOR THE SEA AND
OTHER TRAVELERS ON THIS GREAT OCEAN.

LIKE THE INTERNATIONAL MARITIME SIGNAL FLAGS
THIS ONE COULD SIGNAL TO THE WORLD;
"WE ARE SAFE. WE HAVE EACH OTHER."



Fall 2017 - 9x11 Watercolor on Paper - \$395



"Covering White Lies"

How did I get myself into this mess?

Telling a white lie to get out of school duty.

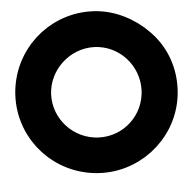
Exaggerating to make a story better.

Telling someone that their behavior doesn't bother you when it does, to the core.

WHY AM I LYING? EVEN A LITTLE BIT? WHEN THE LIE CANNOT BE COVERED UP ANY MORE, IT BECOMES BAD FOR ALL INVOLVED. RED HOT AND MUCH WORSE THAN JUST TELLING THE TRUTH AT THE START.



Summer 2017 - 22 x 30 Watercolor on Paper - \$1100

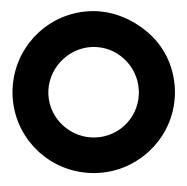


"Twelve Steps to Freedom"

LIKE BEING IN A CLOWN HOUSE AT THE STATE FAIR, DOING THE STEPS OF AA ARE SCARY AND BIZARRE. AROUND EVERY TURN THERE IS ANOTHER SURPRISE. I AM SO GRATEFUL TO THE OLD-TIMERS THAT SHARED THERE WISDOM AS I WALKED THROUGH THESE STEPS. EVENTUALLY LEARNING, LIKE A CHILD, THAT I WOULD NOT DIE FROM BEING UNCOMFORTABLE.



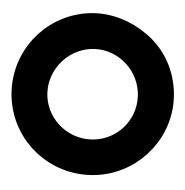
2016 - 22 x 30 Watercolor on Paper - \$1000



"Dance Party in the Kitchen"

MUSIC IS TURNED ON THE MINUTE THE CHILDREN SHUT THE FRONT DOOR ON THEIR WAY TO SCHOOL. THIS PAINTING WAS INSPIRED BY ONE EXTRA LONG DANCE PARTY WITH TOM PETTY AND A FOURTH CUP OF COFFEE.





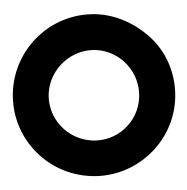
"Long Time Between Cocktails"

A JOYOUS EVENT AT ALL MEETINGS, THE CHIPS ARE GIVEN FOR CONSECUTIVE TIME WITHOUT DRINKS.

MY FRIEND MARV CONGRATULATES ALL BIRTHDAY CHIP RECIPIENTS FROM 24 HOURS TO 35 YEARS WITH THIS FABULOUS FACT, FOR AN ALCOHOLIC, ANYTIME WITHOUT A DRINK IS A "LONG TIME BETWEEN COCKTAILS." THIS HOUR GLASS LIKE PAINTING REPRESENTS THE PASSAGE OF THAT TIME.

EACH CHIP IS WELL EARNED.

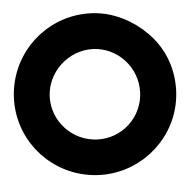




"Stronger in Time"

MANY PEOPLE IN MY GROUPS HAVE
THIRTY OR MORE YEARS OF SOBRIETY,
IT IS ASTONISHING TO ME THAT THEY NEVER
TOOK A DRINK. JUST LIKE THE RINGS OF A TREE,
IT IS AMAZING WHEN TIME MAKES SOMEONE
STRONGER AND MORE ROOTED. WE ARE NOT
USED TO STORIES OF PEOPLE BECOMING
STRONGER OVER TIME. BUT, THESE PEOPLE
SHOW US THE WONDER OF POSSIBILITY.





"Not Perfect"

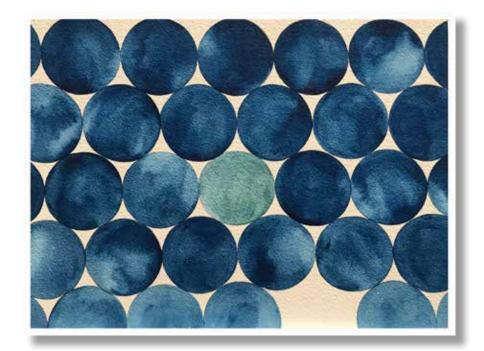
SISTER B IS A WISE NUN I HAVE COME TO LOVE. SHE SAYS, "IF SOMEONE ASKS HOW YOU ARE, NEVER SAY 'PERFECT' BECAUSE THAT IS NOT THE TRUTH. NO ONE IS PERFECT. WE ARE 'BLESSED BEYOND MEASURE."

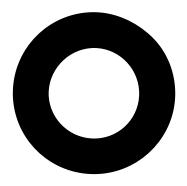
HOW DO I PRESENT MYSELF TO THE WORLD?

DO I CLAIM TO BE PERFECT SOMETIMES?

THINKING ABOUT THIS WHILE LOOKING AT THE
SHIMMERING WATER IN SANTA BARBARA, I DECIDED

"I'M BLESSED BEYOND MEASURE."





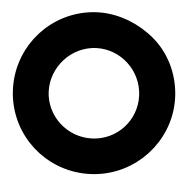
"Boobs, Crying & the Crabapple Tree"

ARRIVING AT RIVERS BEND RETREAT I WAS ENCOURAGED TO SIGN UP FOR SERVICE. "WE ARE GARDENING ON SATURDAY!" SAID PERKY JULIE.

I NODDED POLITELY THINKING, "I NEVER GARDEN AND NOW I AM PAYING TO GARDEN." THEN PEOPLE SWAM NAKED. PEOPLE GOT REAL. AND THEN MY HEART OPENED. I MADE FRIENDS. LAUGHED AND CRIED.

AND GARDENING ON SATURDAY WE CLEARED AWAY THE WREAKAGE OF THE WINTER AND ALL SAT IN THE SUNLIGHT OF THE GARDEN.

2017 - 9 x 12 Watercolor on Paper -\$395 100% of this sale will go toward a scholorship to send a woman to the Twelve Step Womens Retreat at Rivers Bend 2018

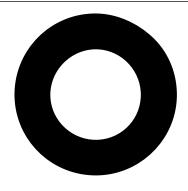


"A New Path"

MY GRANDMOTHER AND CREATIVE PARTNER SAID "I WISH I HAD MORE TIME. WHAT WOULD YOU DO IF YOU COULD START ALL OVER?"
AND SO WE DRANK COFFEE, TALKED ABOUT COLOR, OUR LOVE OF BIG CITIES AND WE BOTH FINALLY LANDED ON WHAT WE WOULD DO IF WE COULD START ALL OVER.

MY LIFE IN REWIND LOOKS LIKE A NEW PATH.





"Drifting Backwards"

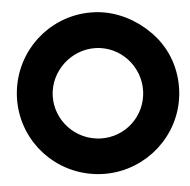
DAYDREAMING OF SUMMERS AS A TEENAGER IN
LAKE TAHOE. WE CLIMB DOWN THE PIER LADDER
DRUNK ON WINE FROM THE BARN. FRESHLY TANNED
SKIN. COLD WATER. TOES IN. ALL IN.
FLOATING BETWEEN THE BOATS ANCHORED TO THE
BOTTOM OF THE LAKE. WHO WILL WE BECOME?

IN THE CALM WATER WE LOOK UP AT THE MOON.

DRIFTING BACKWARDS TOWARD CALIFORNIA.

Summer 2017 - 30 x 22 Watercolor on Paper - \$1200



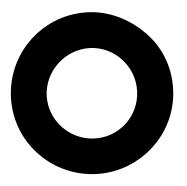


"Take Your Medicine"

EVERYONE HAS THINGS THEY NEED TO DO TO MAKE THEM THE BEST THEY CAN BE.

I NEED ART, KIND PEOPLE SURROUNDING ME AND TO MOVE MY MUSCLES. I HOPE THIS PAINTING INSPIRES SOMEONE TO START TAKING THE PILLS OF SELF CARE SERIOUSLY, WHATEVER THEY MAY BE.



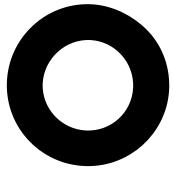


"Me Too"

STILL HEALING FROM A CHILDHOOD PREDATOR
WHEN THIS MOVEMENT BEGAN MONTHS AGO.
I HAVE FOUND STRENGTH FROM THE LOVE,
TRUST AND COURAGE OF OTHER WOMEN STARTING
TO TALK ABOUT WHAT WE COULDN'T BEFORE.



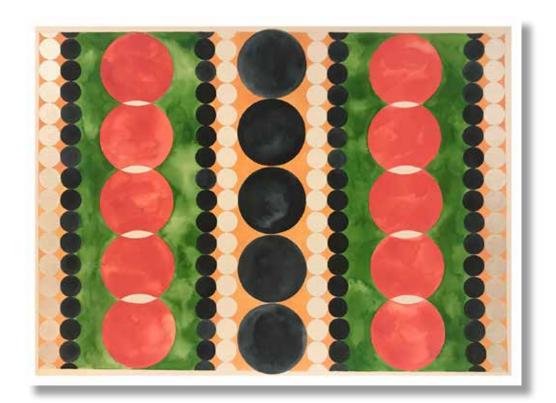
Winter 2017 - 30 x 22 Watercolor on Paper - \$800



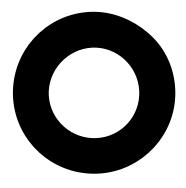
"Broken Patterns"

HURT PEOPLE HURT PEOPLE.

THAT'S HOW PAIN PATTERNS GET PASSED ON,
GENERATION AFTER GENERATION.
BREAKING THE CHAIN TODAY
I CREATE A NEW PATH FOR MY CHILDREN.
MEET ANGER WITH SYMPATHY, CONTEMPT
WITH COMASSION, CRUELTY WITH KINDNESS
AND THESE PATTERNS WILL BE BROKEN.



2017 - 22 x 30 Watercolor on Paper - \$1100

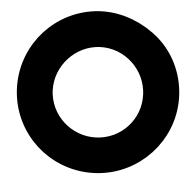


"Porsche Yellow"

MY FIRST CREATIVE DIRECTOR IN SAN FRANCISCO WAS INTENSE BUT FAIR. THE PORSCHE ACCOUNT WAS HIS BABY AND HE WOULD DRIVE HIS OWN IN FROM MARIN (IF HE WASN'T RIDING HIS BIKE).

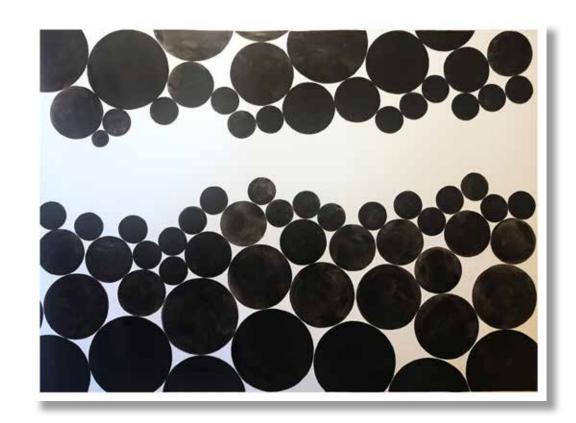
LEGEND HAS IT THAT THE STANDARD ISSUE
YELLOW WOULD NOT CUT IT. SO, HE HAD
PORSCHE REMIX A YELLOW JUST FOR HIM.
MR. SILVERSTEIN TAUGHT ME, "SELLING YOUR
CREATIVITY, YOU MUST ALWAYS PUSH FOR THE WAY
YOU WANT IT. IT'S TOO HARD TO SELL SOMETHING
YOU DON'T BELIEVE IN."



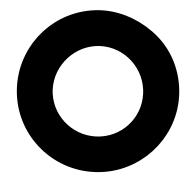


"Where There Was A Trickle"

AFTER HAVING MY FIRST ART SHOW LAST YEAR, I HAD A HARD TIME FINDING NEW IDEAS. WHEN THEY CAME, I WOULD TAKE FOREVER TO PAINT THAT PAINTING FOR FEAR I WOULD BE DONE AND NOT HAVE ANOTHER. AFTER A VISIT TO NEVADA, THE DAM OPENED UP. THE IDEAS STARTED FLOWING JUST LIKE THE TRUCKEE... "WHERE THERE WAS A TRICKLE, NOW THERE WAS A RIVER WHICH LEAD TO SURE POWER" AND EVER FLOWING CREATIVITY.



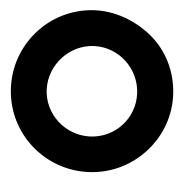
2017 - 22 x 30 Watercolor on Paper - \$1400



"Searching for Ballance"

WELL, AREN'T WE ALL?





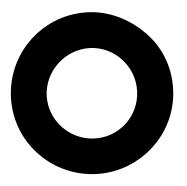
"Yin"

BUDDIES WITH YANG.

HE IS A BLACK SHEEP WHO IS SICK OF BEING CALLED THE BAD. HE IS NOT GOOD OR BAD.

HE IS NOT WRONG OR RIGHT. HE IS JUST A BLACK SHEEP ENJOYING SOME GRASS.





"Yang"

BUDDIES WITH YIN.

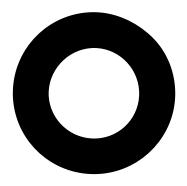
HE IS A WHITE SHEEP WHO IS SICK OF
BEING CALLED THE VANILLA OR BORING.

HE IS NOT BASIC OR NORMAL. HE IS NOT
WRONG OR RIGHT. HE IS JUST A WHITE SHEEP
ENJOYING SOME GRASS.

(WHICH IS DELISH, BY THE WAY.)



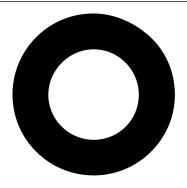
2017 - 30 x 22 Watercolor on Paper - \$825



"Black Thumb"

I AM NOT VERY GOOD AT GARDENING.
IN FACT, MY HUSBAND HAS CALLED ME
A BLACK THUMB. THE ONLY PLANTS THAT
I CAN KEEP GOING ARE THE SUCCULANTS.
THEY ARE FORGIVING, EASY TO MAINTAIN AND
CONTINUE TO THRIVE WHEN YOU WALK AWAY.
JUST LIKE MY HIGHER POWER. IF I WALK
AWAY FOR A WHILE IT IS STILL THERE WHEN I
CHOOSE TO NURISH THE RELATIONSHIP AGAIN.





"The Other's Gold"

ONE OF MY FAVORITE PEOPLE GAVE ME A NECKLACE THAT INSPIRED THIS PAINTING. WE MET IN OUR TEENS ON A WARM SUMMER NIGHT. SHE AND I HAVE NEVER LIVED IN THE SAME CITY AND OUR WORLDS COULD NOT BE MORE DIFFERENT. BUT, WHENEVER THE OPPORTUNITY COMES, WE GRAB TIME TOGETHER. WHEN WE DO, IT IS LIKE WE ARE YOUNG AGAIN.

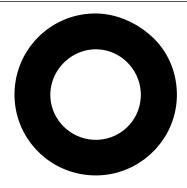
LIKE THE POEM,

MAKE NEW FRIENDS BUT, KEEP THE OLD.

ONE IS SILVER BUT, THE OTHER'S GOLD.



January 2018 - Watercolor on Paper 22x30 - \$1400

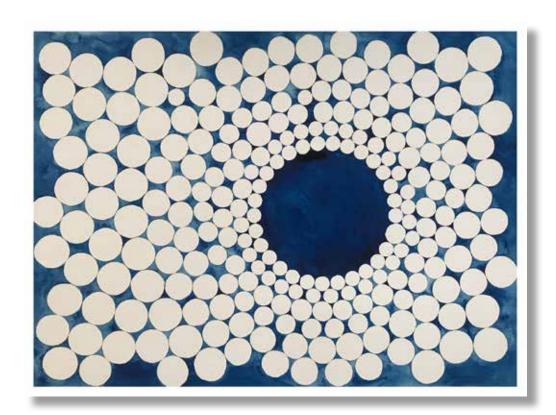


"Darkest Night"

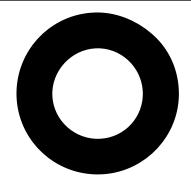
THERE IS NOTHING TO SAY YOU CAN'T BE HAPPY WITHOUT FALLING. HOWEVER, AFTER YEARS OF SADNESS, I AM REALLY ABLE TO APPRICIATE THE JOY BECAUSE I KNOW THE SADNESS WELL.

THE SAYING,

"THE STARS ARE ALWAYS BRIGHTER IN THE DARKEST NIGHT," WAS MY INSPIRATION FOR THIS PAINTING. MANY GIVE CREDIT TO MLK JR. FOR THIS INSIGHT.



January 2018 - Watercolor on Paper 22x30 - \$1600



"Deep Red Emerging"

MY FAVORITE COLOR IS RED. BUT, IT FRIGHTENS ME.
I'M DRAWN TO IT BUT, I FEEL LIKE IT'S TOO POWERFUL
FOR ME TO WEAR, HAVE IN MY HOME OR EVEN PAINT.
SLOWLY AS I FIND MYSELF HEALING FROM ALCOHOL
ADDICTION, I AM SEEING MORE RED COLLECT IN MY
HOME. IT'S EMERGING AND BECOMING A PART OF MY
LIFE FOR THE FIRST TIME.

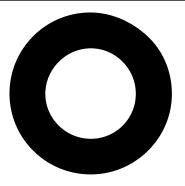
I DON'T LONG FOR IT THE WAY I DID BEFORE BECAUSE I FEEL STRONG ENOUGH TO ENJOY IT NOW.



Winter 2017 - Oil on Canvas 40 x 58 - \$2600

"Turning the Tides" Grid Map





"Turning the Tides #1, #2 & #3"

THE MOON HAS THE POWER TO MAKE THE OCEANS SWELL AND RECEDE. THAT IS REAL POWER.

WHEN I AM FEELING IRRITATED I HAVE LEARNED
I AM TRYING TO CONTROL A PERSON OR THING
THAT IS NOT GOING THE WAY I WISH.

I AM NOT POWERFUL ENOUGH TO CONTROL ANYONE.

AND, FRANKLY, IT'S NOT MY JOB.

I CAN LOOK TO THE MOON AND REMEMBER WHAT

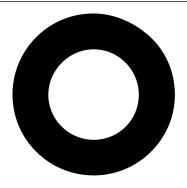
TRUE POWER LOOKS LIKE.

AND THAT BRINGS BE BACK TO EARTH.









"Turning the Tides #4, #5 & #6"

THE MOON HAS THE POWER TO MAKE THE OCEANS SWELL AND RECEDE. THAT IS REAL POWER.

WHEN I AM FEELING IRRITATED I HAVE LEARNED
I AM TRYING TO CONTROL A PERSON OR THING
THAT IS NOT GOING THE WAY I WISH.

I AM NOT POWERFUL ENOUGH TO CONTROL ANYONE.

AND, FRANKLY, IT'S NOT MY JOB.

I CAN LOOK TO THE MOON AND REMEMBER WHAT

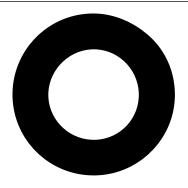
TRUE POWER LOOKS LIKE.

AND THAT BRINGS BE BACK TO EARTH.









"Turning the Tides #7, #8 & #9"

THE MOON HAS THE POWER TO MAKE THE OCEANS SWELL AND RECEDE. THAT IS REAL POWER.

WHEN I AM FEELING IRRITATED I HAVE LEARNED
I AM TRYING TO CONTROL A PERSON OR THING
THAT IS NOT GOING THE WAY I WISH.

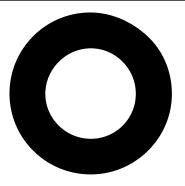
I AM NOT POWERFUL ENOUGH TO CONTROL ANYONE.
AND, FRANKLY, IT'S NOT MY JOB.
I CAN LOOK TO THE MOON AND REMEMBER WHAT
TRUE POWER LOOKS LIKE.
AND THAT BRINGS BE BACK TO EARTH.

2017 e³ 2018 - 9 x 11 Watercolor on Paper - \$275 each









"Turning the Tides #10, #11 & #12"

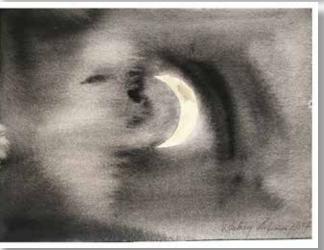
THE MOON HAS THE POWER TO MAKE THE OCEANS SWELL AND RECEDE. THAT IS REAL POWER.

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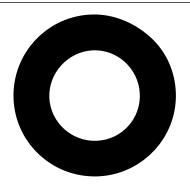
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AND, FRANKLY, IT'S NOT MY JOB.
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TRUE POWER LOOKS LIKE.

AND THAT BRINGS BE BACK TO EARTH.









"Turning the Tides #13, #14 & #15"

THE MOON HAS THE POWER TO MAKE THE OCEANS SWELL AND RECEDE. THAT IS REAL POWER.

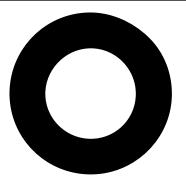
WHEN I AM FEELING IRRITATED I HAVE LEARNED
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THAT IS NOT GOING THE WAY I WISH.

I AM NOT POWERFUL ENOUGH TO CONTROL ANYONE.
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AND THAT BRINGS BE BACK TO EARTH.









"Turning the Tides #16, #17 e3 #18"

THE MOON HAS THE POWER TO MAKE THE OCEANS SWELL AND RECEDE. THAT IS REAL POWER.

WHEN I AM FEELING IRRITATED I HAVE LEARNED
I AM TRYING TO CONTROL A PERSON OR THING
THAT IS NOT GOING THE WAY I WISH.

I AM NOT POWERFUL ENOUGH TO CONTROL ANYONE.

AND, FRANKLY, IT'S NOT MY JOB.

I CAN LOOK TO THE MOON AND REMEMBER WHAT

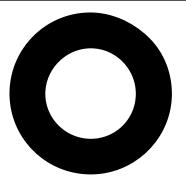
TRUE POWER LOOKS LIKE.

AND THAT BRINGS BE BACK TO EARTH.









"Turning the Tides #19, #20 & #21"

THE MOON HAS THE POWER TO MAKE THE OCEANS SWELL AND RECEDE. THAT IS REAL POWER.

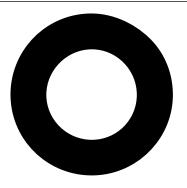
WHEN I AM FEELING IRRITATED I HAVE LEARNED
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AND THAT BRINGS BE BACK TO EARTH.







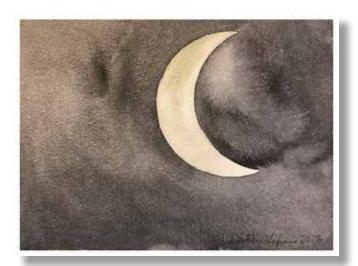


"Turning the Tides #22, #23 e3 #24"

THE MOON HAS THE POWER TO MAKE THE OCEANS SWELL AND RECEDE. THAT IS REAL POWER.

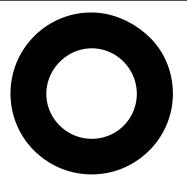
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"Turning the Tides #25, #26 e3 #27"

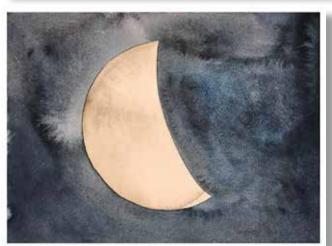
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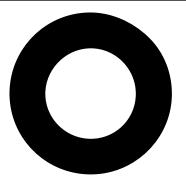
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"Turning the Tides #28, #29 & #30"

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