

Observations from the Wounded Yak: A Relationship's Journey Through Space and Time

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Introduction

As told by Holt the Yak...

The most considerate gift

you can give a loved one

is your undivided attention.

tpb

Hello. My name is Holt, and I am a yak. A wounded yak, to be precise. This book contains a series of thoughts and observations I have made about life, people, and relationships over a period of about twenty years, which happens to be most of my life. I've chosen one particular couple, David and Joanne, as my focus because I've observed them for quite some time now, and I have come to realize that they are a rather curious pair. I find them interesting because of how they seem to relate to, support, and grow with one another, all while living life to what seems to be the fullest these days. Besides, they didn't just fall off the yak-drawn turnip truck. They have some great insights and philosophies that I know both individuals and other couples will benefit from.

The book is formatted for you to think, react, and interact with what you are reading. At the bottom of each page is a small notes section where you can write any thoughts or questions you may have. The "something to chew on" at the end of each chapter has been designed to provide you with further ideas for thought, study, or self-reflection.

Before you begin reading, I thought it would be prudent for me to conduct an interview with the authors — David and Joanne. This will allow you, the reader, to have an idea of the reasons behind this book as well as the reasons why the book has been formatted in this way. Holt: What prompted you to write this book?

Joanne: David prompted me to write the book. He thought it would be a good idea as he was very supportive and encouraging with my tpb collection and suggested I put it into a book. From there, it was a short step to both of us collaborating in putting this book together. We decided to incorporate tpb into a larger book with a tpb per chapter. Holt: I see that there's a "tpb" after each chapter title. What exactly is tpb?

Joanne: Tpb is "the purple blanket". The purple blanket is a place where I sit and write down thoughts and observations. David encouraged me to write more tpbs and eventually publish them. The tpbs under each chapter title were chosen because they are the best fit for the content of that chapter. We still sit on tpb and chat, drink tea, and meditate. This special place in our home is, in fact, an actual blanket! Holt: When did you start working on this book?

Joanne: The book began in mid 2017. Holt: How difficult was it to develop the ideas of the book?

Joanne: The ideas and topics of the book came to us initially as a result of our own observations of ourselves, and of others. We began talking to people about our experiences. We found that many people were in similar or other difficult situations and did not know how to change. We thought a book of our observations may help people to look more closely at their own situations. Whether good or bad, there is always room for improvement. Holt: Where was it written? Did the location have any bearing on the ease of writing?

David: The book was written in the hills and valleys of Vancouver Island, coffee shops, the Canadian Rocky Mountains, a plane 12,000 metres over the Pacific Ocean, and in a small New Zealand town. It was a great experience no matter where we were writing. The feeling of being immersed in a natural landscape of forests, valleys, and mountains certainly helped the creative process. Holt: Can you explain the great chapter titles to me?

David and Joanne: Each chapter title arose from topics we had talked about. Each chapter title has

a specific series of related observations. Holt: Yes, but how did you choose those specific words?

David: Well, for example, Joanne turned to me one day and said, "You love me very well." Thus, the chapter title was born. You can love people, but you can also love them very well. Holt: I see you have a somewhat eclectic set of references.

David: Yes — we like to take information from a wide array of sources so as to provide a balanced perspective for our ideas. We used philosophical texts, economic and sociological references, as well as books from the Buddhist and Judaeo-Christian traditions. Holt: Does the choice of these books reflect your backgrounds at all?

David: Yes, I grew up in what could loosely be called a Judaeo-Christian milieu.

Joanne: My interest in society and culture prompted me to study sociology. Spending a significant amount of time in Asia introduced me to the philosophies of Buddhism. By swapping thoughts and ideas, we found remarkable similarities between these backgrounds — far more than what could be attributed to chance alone.

The Crow Applauds

As told by Holt the Yak....

After all of the storms,

All of the unrest,

All of the noise,

They still shone for each other.

tpb

When we travel through life, our path is our own — as we travel along we are at the centre of our own stage. Travelling along our path provides us with a means to experience ourselves in a wide variety of situations. Our journey can provide intense experiences through which we are able to confront our fears, strengths, and weaknesses. It may also be that our opinions and attitudes to both ourselves and others may be challenged, changed, or both. We can think in new ways and absorb our new encounters in what can be a transformative experience. Our mental horizons will open for us. This can help us to develop a more self-reflective approach to life. We will still take our own problems seriously, but we are able to put them into a wider context and see them in more relative terms.

When we are listening, really deeply listening, we are present in the moment. During this presence, we make no attempt to either control or judge what is being said. We simply need to listen to precisely what is being said.

Listening is not a passive activity and should not be treated as such. We should listen actively. If we are actively focused on what we are hearing, rather than planning our next statement, this will allow us to turn what we are hearing into meaning. We also need to be committed to our own self-control, as we are listening to understand rather than listening to simply respond. If we are truly listening to another person, we could consider the following qualities as being important: offering nonverbal feedback, being present in the moment, and being connected with whomever

we are listening to.

We hear in equal measure to what we listen with. When we listen with our mind we understand more of life. We first hear words, both negative and positive words. Although we hear the words, we may not yet fully understand the words. An example may be, "You look beautiful today." We recognise the words as positive, but it takes time for the words, if we consider them, to be actually felt. When we listen with our heart we feel more of life. We begin to live and experience the words. When told we are beautiful, we feel beautiful. When we listen with both our being and our spirit, we are transformed and we are joined with life itself. We actually "live" the words. We become complete with our environment (people, nature, selves, situations, vibrations, etc.), reprogramming ourselves to believe.

We have listened to each other over a long period of time and space. From this, we have come to live and believe each other's words. This has allowed us to not only wholly experience what we hear, but to return it to the source should we choose to do so. This is one method by which we can completely love our partner. This is also how we listen to what is happening in our lives and how we can have a fully experiential relationship with ourselves.

If we are willing to listen at an intimate and complete level, with everything in our being, we may be fortunate enough to be touched by the encounter. We don't miss it, for it becomes a part of us. This can be an overwhelming, even painful experience, and/or it can be wonderfully fulfilling.

The work of being is an invitation into a deeper relationship with life. This can wait for us in the unfolding of events that occur in our daily lives. The opening of our eyes, breath, and heart enables us to partake in this relationship that we can have with life. Opportunities can exist everywhere and anywhere. All that we require is the awareness to see them for what they are. These opportunities wait for us in each breath and feeling. We must recognise a window of opportunity, realising that it may open from the other side at times, via another person. This very thing happened to Joanne, causing her to decide to depart from Korea. Joanne's recognition came about via another person who caused a life-changing incident. Even though Joanne had decided that she wanted to return to Canada, she couldn't see a reason for doing so. Perhaps no window had presented itself to her, or more likely she wasn't able to see any windows present. It wasn't until she'd had a very strenuous and difficult time involving another person that Joanne decided it was time to leave Korea and return to Canada. I suspect that other windows and experiences had to be ready for Joanne, and conversely Joanne had to be ready for them, in order for the timing to have been just right for her to finally make her decision. Finally, after realising the opportunity, we must not be too afraid to pass through the window, for the opportunity is often lost with time and hesitation. An example of this could be expressing your feelings for another. There will be no other time like that moment. The risk or uncertainty that is associated with opportunities will affect how we react to them. We can choose to either take action or not take action. In order to make the most of what is presented, we need to have confidence in ourselves to express our thoughts and feelings.

"There are moments which mark your life. Moments when you realise nothing will ever be the same and time is divided into two parts: before this and after this"

Fallen

Moments in our lives, such as these, may take us by surprise, or they may be planned for. Either way, their significance is just as great and has a huge impact on our lives. You may find that you are not just writing yourself a new chapter in your life, but a whole new story. If this inspiration arises from open and honest introspection and self-reflection and provides opportunities for growth, then the new story is well worth writing. A change for the better, no matter how difficult it

may be to make, is always a change worth making and a chance worth taking.

Their choice to reunite upon Joanne's return from Korea blatantly marked a point in their relationship that was a new beginning. They both stepped into a space which was a 'now or never' moment, a space where they realised that they would take that moment to allow a new bud of their relationship to blossom. That was the moment from which these two souls would join and move forward together, although they weren't yet aware of this.

"Your life, your stage" is our motto. You are the central character in the cast of characters that make up the journey of your life. Take charge of your life, accept responsibility for your actions, and live it the way you want to. We hope that you will find inspiration, ideas, thoughts and perceptions that will assist you in realising your role as the central character in your life.

Wordbuilder Guy Wellman - Facebook The Last Time CO2 Was This High, Humans Didn't Exist - In time, I came to learn that The Tibetan Book of Living and Dying had been adopted by. We were preparing to leave the eastern highlands to travel to central Tibet. and by first light the yaks carrying the baggage would be moving out.... It must surely be more "glorious," with lights blazing in space around us, angels Solved Mysteries: A - Loganberry Books - The map accompanying the book shows the route of the last journey Marshes and Sand Hills â€œ Dead Yak Strew the Trail â€œ Ford of the Shuga Gol â€œ Our. and a space at the bow where the crew discharged the functions of eating,... in which, though wounded seven times, he had dealt them many a crushing defeat. The Wounded Yak (@YakWounded) - Ivan Sanderson had undertaken an extensive journey through North.. its problems; the relationship between scientists and their moral obligations is through space and time, you will find out that the same leitmotiv occurs from one end to the... Asia, the Cossack Egorov, chasing after a wounded yak on the slopes of. Deep listening: towards an imaginative reframing of health - Chicago Public Library book review - It's Time to Fight Back: â€œOperationalizingâ€• Network Defense. Book 2, To the Moon and Towards the Future . Lt Col Dave Mets, PhD, USAF, Retired, School of Advanced Air and Space. the relationship with your spouse, the needs.. that journey, and we, as leaders, must suc-... FAC(A)-capable observation aircraft. 7S Management - Sindiwe Magona, for the relevance of her observations to the point of view 1 Mongane Wally Serote, To Every Birth Its Blood (Johannesburg: Ravan, 1981).. society relationshipsâ€•5 and the private lives of people instead of. Serote was well known as a poet by the time he came to write his first writing in her book. IFTR 2018 Belgrade - Vigil: Letters from Asia is the thirteenth book in the Nicholas Roerich: Collected and the author's death in

1947 prevented the book from being published at that time. You may wonder whether observations and thoughts about various countries. When we were within a day's journey from Manasarowar, the entire caravan Untitled - Department of Communication - but the "sort of space" that the solitary inhabits, "a space in which time and place.. books are probably Emily White's Lonely: Learning to Live with Solitude (2010).. Campbell, Edie, and Jack Lynch Emily Dickinson & I: The Journey of a... travels and his isolation as a hermit; his redemption through a relationship with. 3 Aaron's Awful Allergies Aaron's Awful Allergies Aarons Awful - the Eternal Immigrant is forever stuck in the liminal space of her journey. Resilient, wounded, or. Chapter of Takarazuka Dance and Kabuki Dance in edited book Kabuki and From the very earliest of times, man has been nomadic by nature.. Her current research interest is intercultural relationship between British. Mazar-e-Sharif - Wild Dingo Press - Stuart M. Kaminsky (1934-2009) was one of the most prolific crime fiction authors About the Book that was stolen en route by one of the workmen on the Trans-Siberian Railway. followed by the distant sound of raining rocks from the wounded mountain... Rostnikov and the Yak had a distinctly symbiotic relationship.

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