Is there really a squirrel conspiracy?
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Key Lime Pie or Cookies?
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How to do Mindfulness Meditation
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If you cook food with love, Ram Dass just may drop by...
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It takes a long time to grow an old friend.
~ John Leonard
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Adiós

White Sand National Monument in Ruidoso

You know, Robert (our leader and the bad Robert), knows everything about the tech world and dogs, too. Doug can meditate for 10 days on a silent retreat! Cynthia is an excellent artist with a great new web site. John is the healer and a dog whisperer, too! Laura has the deepest thoughts and is always walking on new paths. Kathy and Arthur are the profound ones!
But what about Sandy??

Don't Worry,
the squirrels are analyzing her emotional expressions!

HELP

Fun Facts

Squirrels eat mostly nuts, fruits and seeds. In this case, mostly nuts!!!!

“In My Life” The Beatles

Twas the night before moving and all through the
Sangha, people were sad
You might even say they were very, very mad.

Bhavani and Richard are moving away
To a village we don’t even know how to say!

Why would they leave - to grow swiss chard?
Or to feed the deer in their serene backyard.

Although from here it seems so far
To that great little pub called Grace O’Mally’s bar!

Bhavani in her scarf and Richard in his
baseball cap
Decided to review the New Mexico Map.

When out on the lawn there arose such a clatter,
It was the Sangha out front in mindful chatter!

Now, Bhavani, now Richard, please do not leave;
We’ll miss you so much, we’re starting to grieve!

en in a twinkle, we heard on the roof
Ram Dass saying friendship is good
and here is the proof...

ey spoke not a word and went straight to their car;
en said come and visit us, it’s not really far...

We have to go now; we’re sorry we cannot stay
e Magical Mystery Tour is waiting to take us away...

ey ran to car and smiled and waved
We love the beautiful friendships you’ve helped us to pave!

We heard them exclaim as they drove out of site
e earlier you book, the cheaper the ight!!