

Personal Reflection – March 13, 2023

## Penny-Aware

*Turmoil shook loose all sorts of unpleasant truths. But it took peace to examine them.*<sup>1</sup>

I want to be Penny-aware: **sights** (colors, shapes, brightness, shadows); **textures** (stippled, rough, smooth); **tastes** (sweet, sharp, hot); **smells** (cooking, fragrances, perfumes, nature, flowers, soaps); **sounds** (animals, birds, people, chatting, laughter, machines); **feelings** (cool, chilly, warm, hot, relaxing, perturbing, frightened, heavy, light, funny).

WOW!

--Jane Vella

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<sup>1</sup> Penny, Louise. The Long Way Home (Chief Inspector Armand Gamache #10) St. Martin's Press. Kindle Edition; page 4.