

Inger.....

My Lifetime Blessing
Blossoming
For 60+ Years.

Beauty
Free Flowing
From the Core.

Head With Heart
Radiating
Serenity.

Habit of Giving,
Getting
Something Special.

Caring Attention
Ushers In
Flower Blooming Joy.

Salt Air
Nurtures
A Sea Sized Sensibility.

I Know My Debt!

Your Tiffany Essence
Enhances
My Bargain Barn Being.

The Diamond
In My
Rough.

Lucky Tom
At 81 Years
2022

Comment

Of course there are many ways to express appreciation for the contributions others make in our lives. Writing is just a more formal mode. And I have offered at least four written celebrations of Inger over the years. Still, I recognize that in general I am rather weak in expressing appreciation for the gift of Inger in my life. Why?

Here are some possibilities that suggest a broader context for this situation:

- 1) As a male, I am perhaps hormonally more disposed to the outward expression of negative/defensive rather than positive emotions.
- 2 My surrounding culture encourages males to restrain the outward display of positive emotions. And some of the subcultures within this overarching western culture suppress the outward expression/display of positive emotions in general.
- 3) Perhaps most importantly, we humans are inherently inclined to ignore what is constant/expected in our lives, even when these constants are very positive. We are very good at "taking for granted" what is "always" there. By contrast, we are tuned to attend to and address change - the unexpected and especially the negative.
- 4) In this perilous modern world, where we are swamped with negative media information both true and fabricated, there is a great deal to keep our attention focused on forward concerns! There is little time to reflect on the constant positives in our lives.

Explanation: Some or all of the above?