

HAPPY
Thoughts
of



Joan
Lansberry

Joan Lansberry
Yuma, AZ
United States

Happy thoughts



<http://arthousecoop.com/users/joanlansberry>

[SB-2011] BK

HAPPY
Thoughts
of



Joan Lansberry

2.



Stop
to
SMELL
the flowers!

Don't judge the
TASTE
by only
ONE
bite!



stop
tasting
the flowers!
3

ENJOY

all

the

TEXTURES

we can

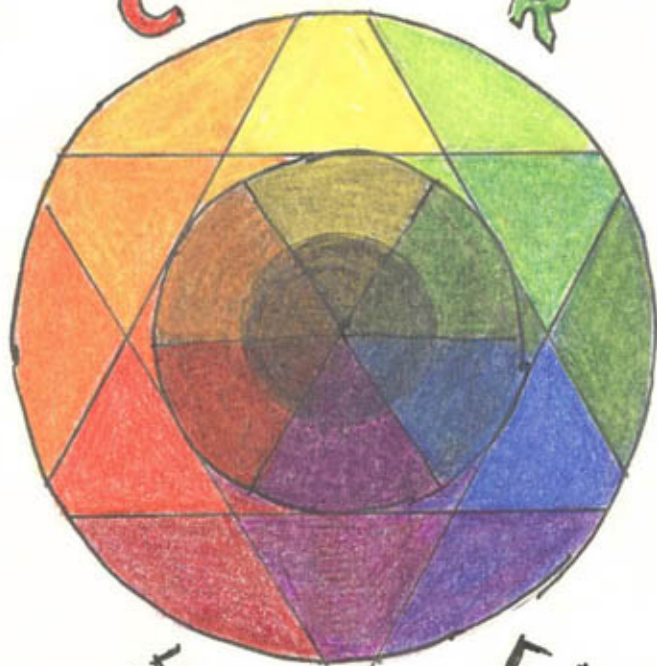
TOUCH!



4

Delights of SIGHT.

COLOR



EYE to EYE





Still now,
Listen with ears
of the heart.
Vision not of flesh
will guide in the dark.





WHO

Smells, tastes, touches
Sees, hears and senses?

your

CONSCIOUSNESS

8

PLAY
with an



LILY PAD LOGIC:

We are all
islands...



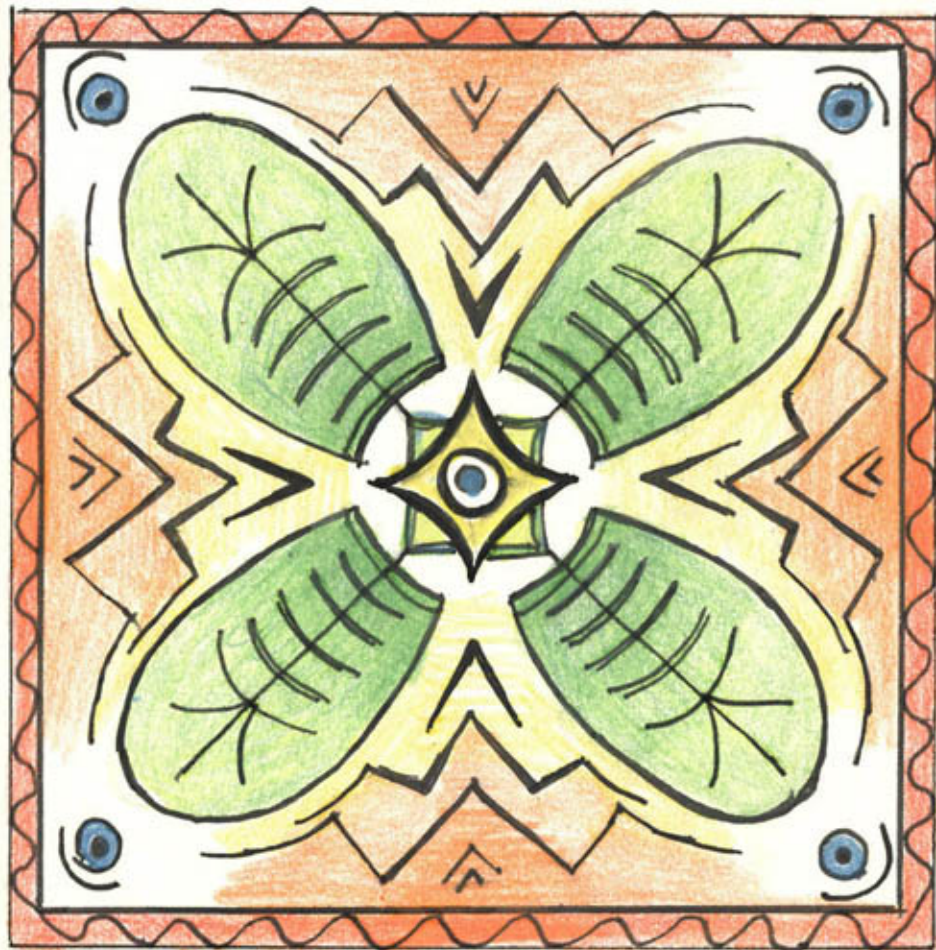
... on the



**SAME
POND!**

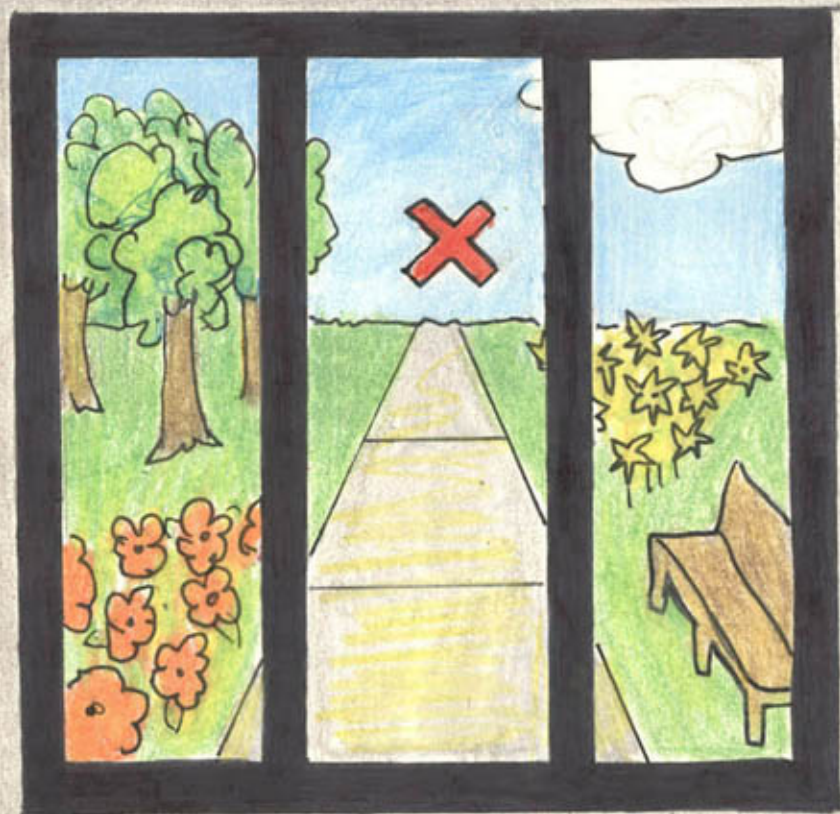
10

The center
radiates outwards

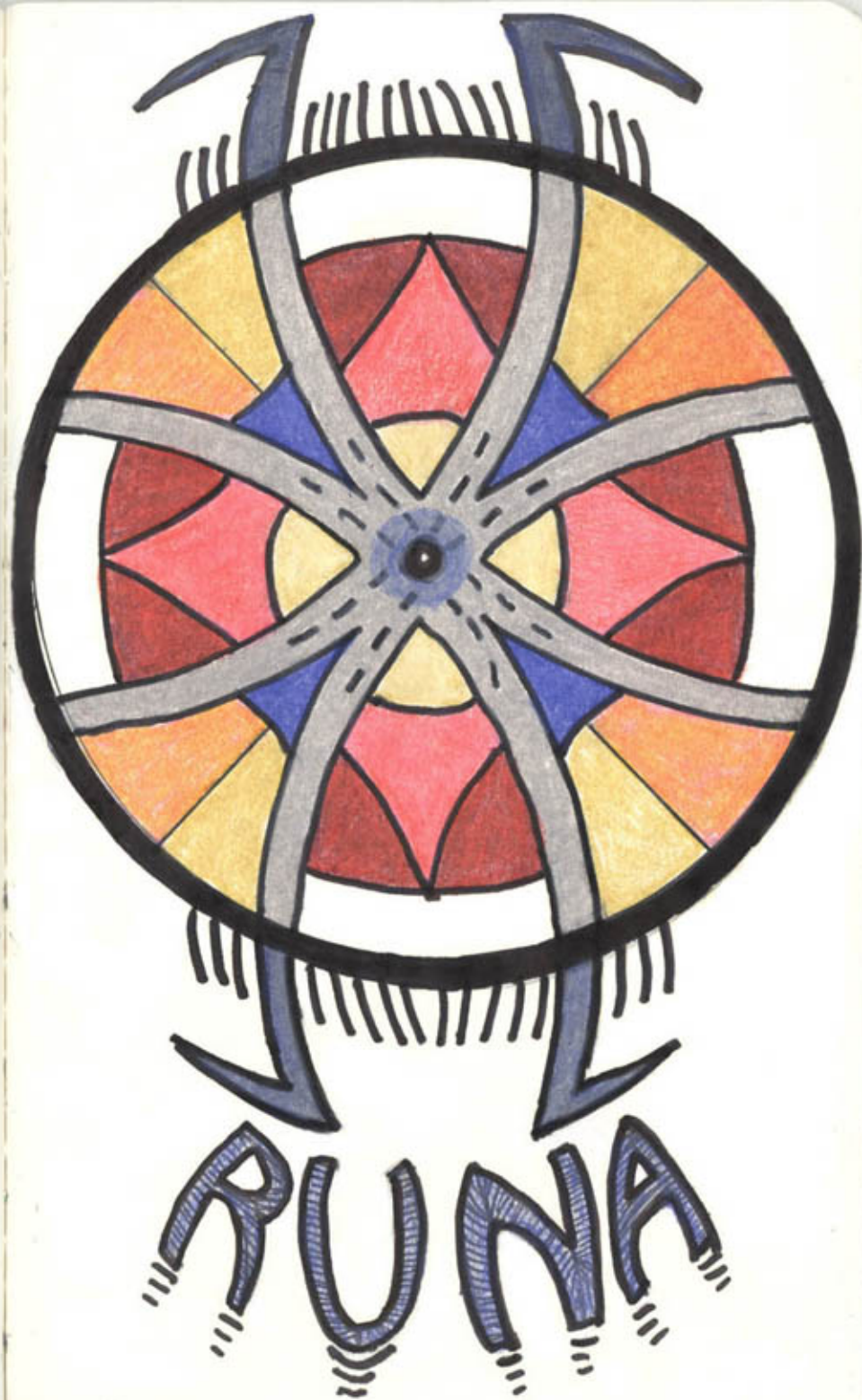


and returns...

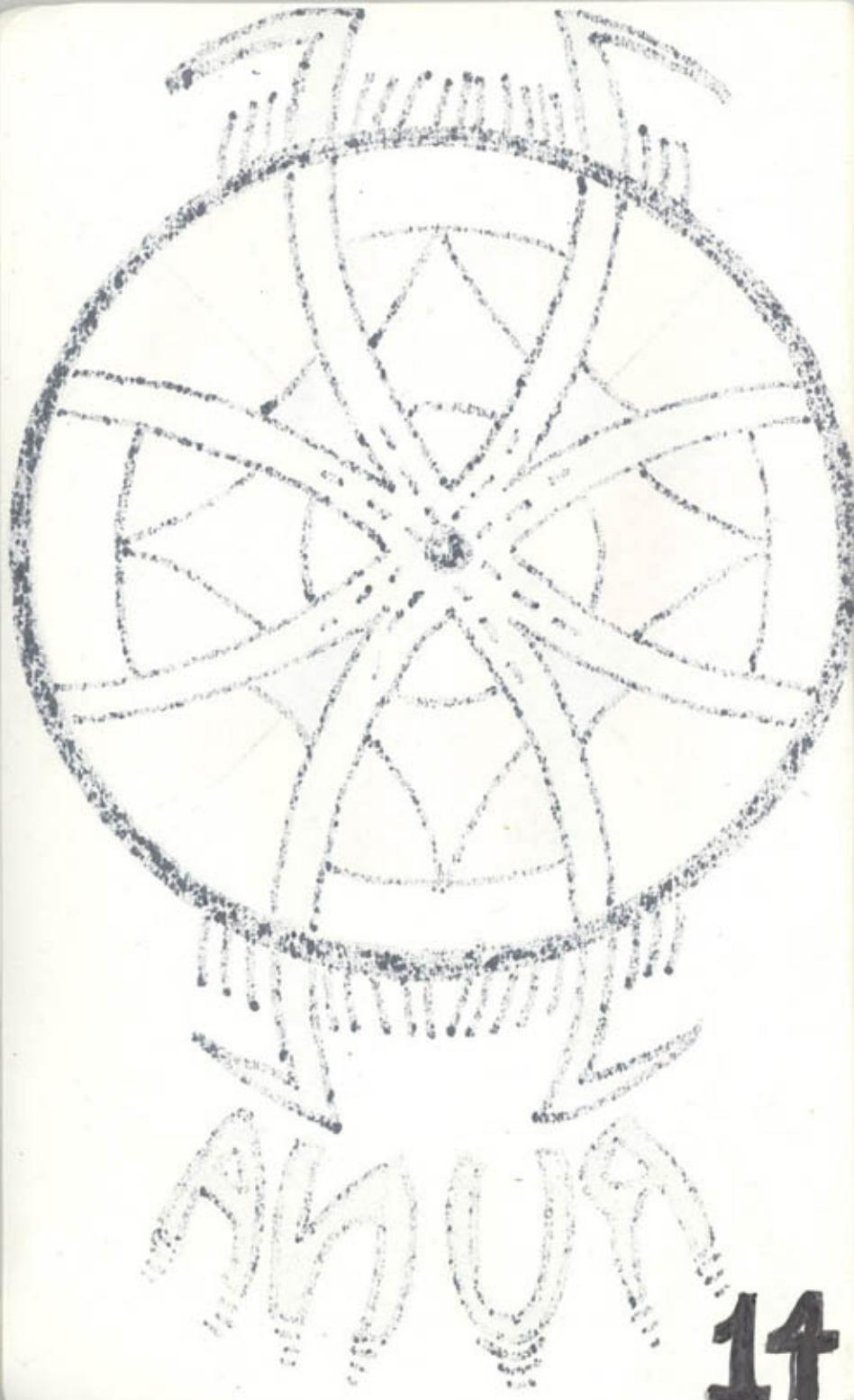
BODY HERE



MIND
ANYWHERE!

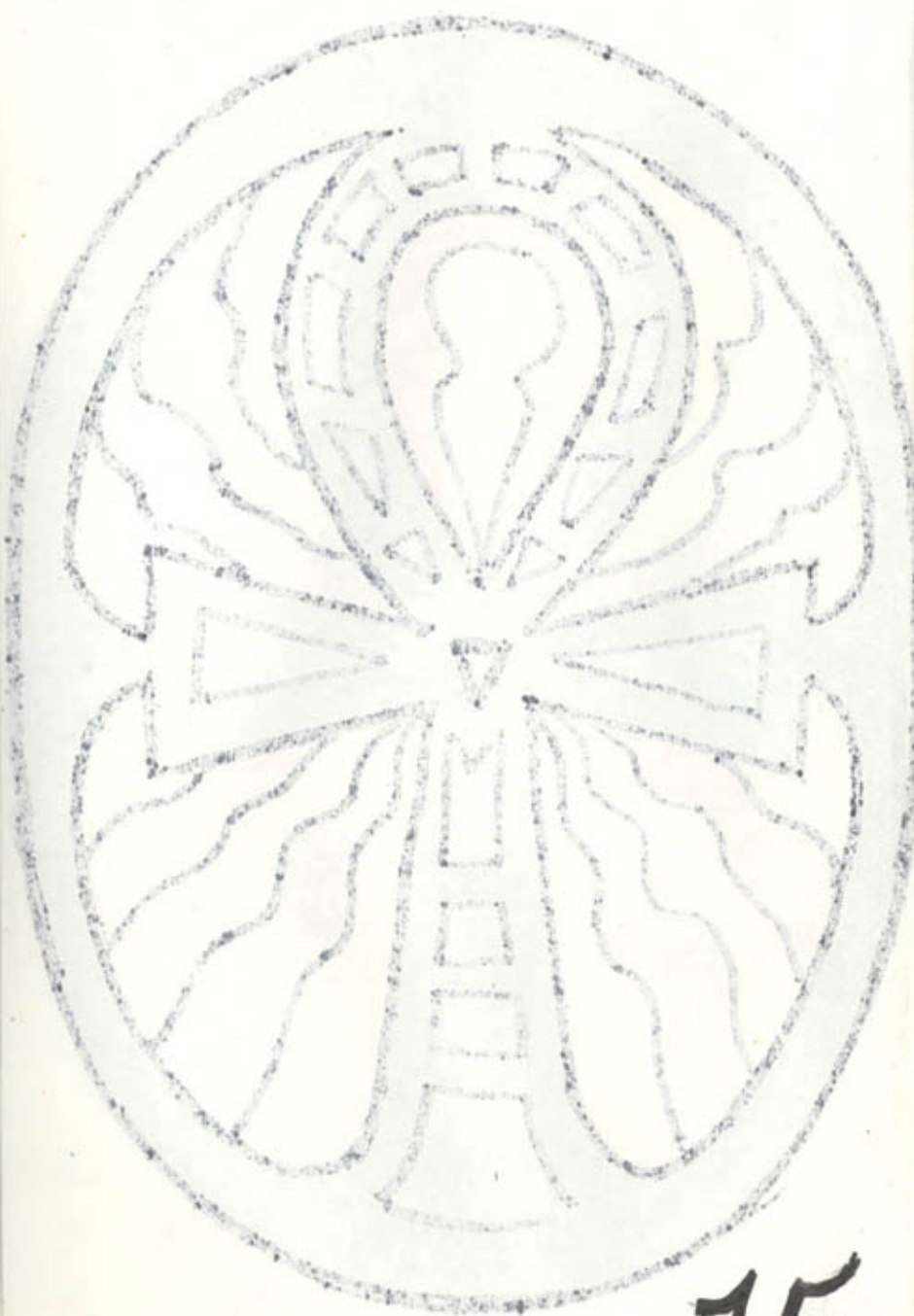


13



14





15



Pausing for a photo during a
Park Walk. Then sketching from
the photos ... remembering the
FRESH AIR.

FREE...



...just Wing It!



FREE...



It's all over now...



17

Memory
Gathers up
pieces of the past
to be placed
like precious heirlooms
gently
into the velvet-box
of the heart
And taken out fondly:
Time's treasures.

- (written in 1985, when I was only
twenty seven. I now have
25 more years of memory-treasures.
- mind's wealth!) -

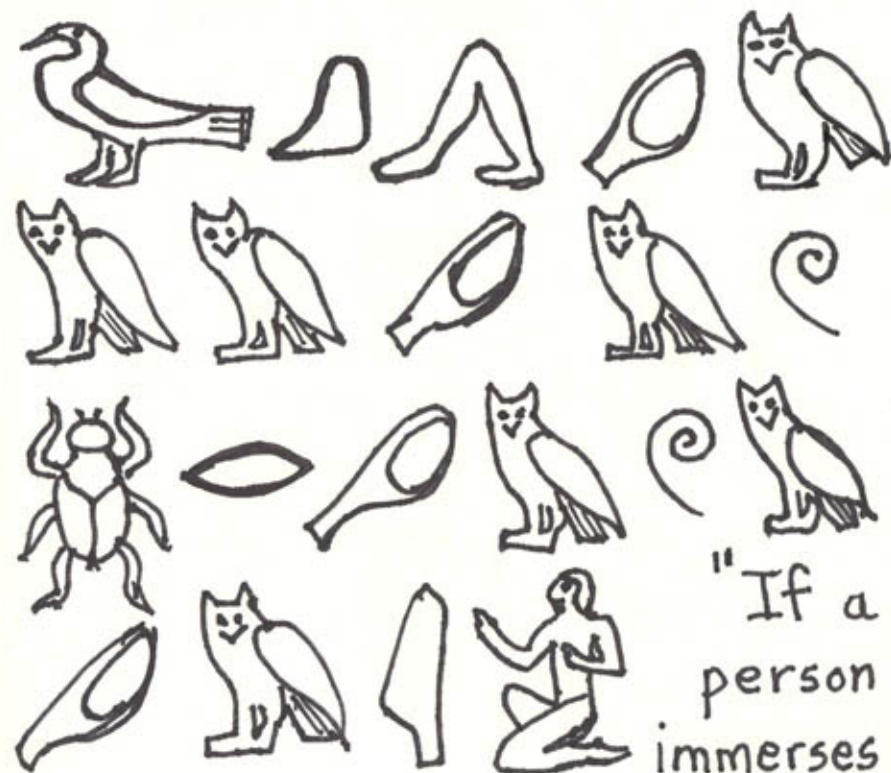
"The highest
moments of
consciousness
create
memory."

"You
only
remember
the moments
when you were
conscious."



18

P.O. Ouspensky



"If a
person
immerses
himself in
listening, he will
start to
understand."
- Ptah-hotep





It is
 person
 himself in
 history we will
 start to
 understand
 - 64110109



"The secret of magic
is to transform
the magician."

-Don Webb

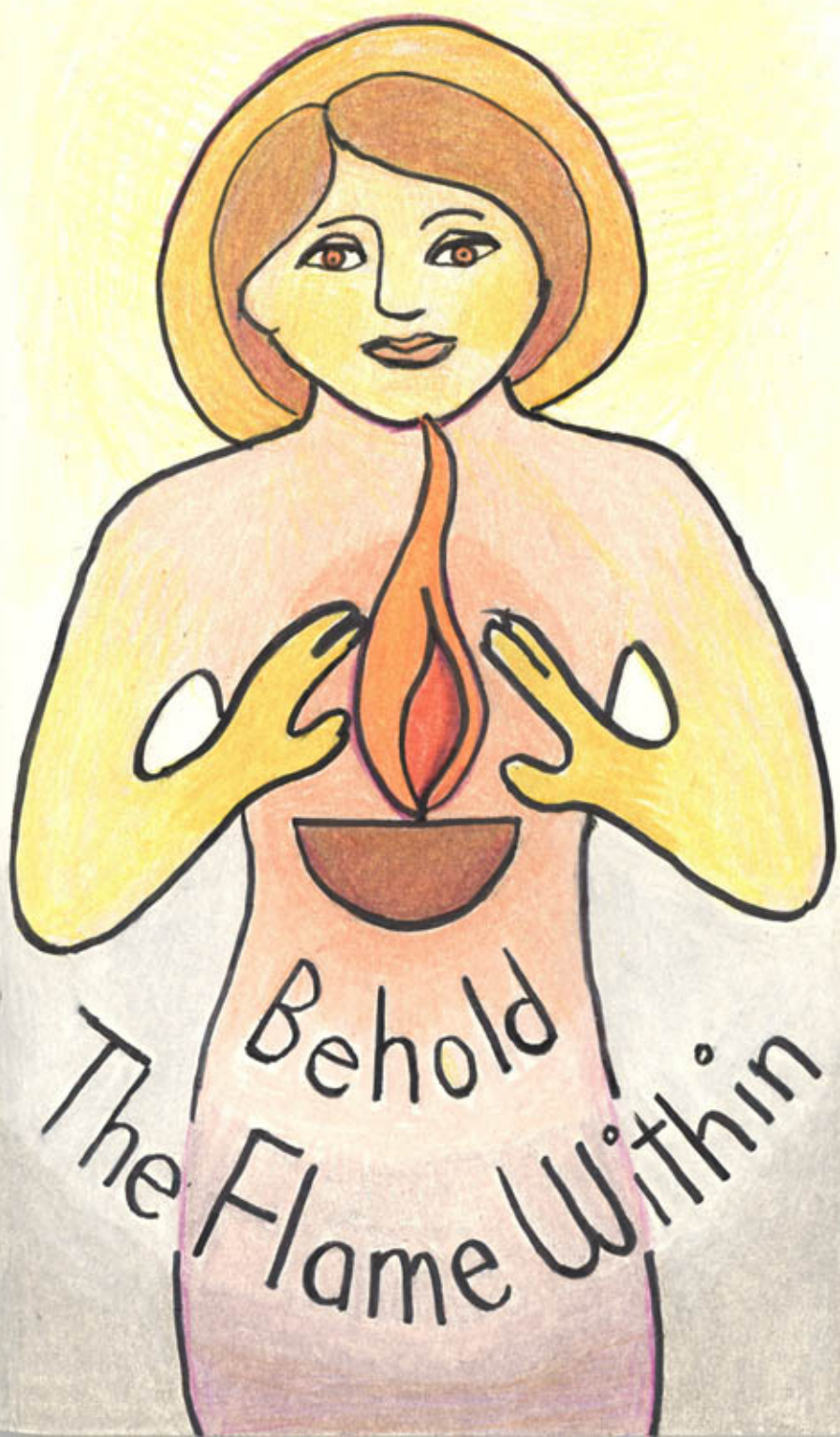


growing wiser
growing stronger
growing...

2!



22



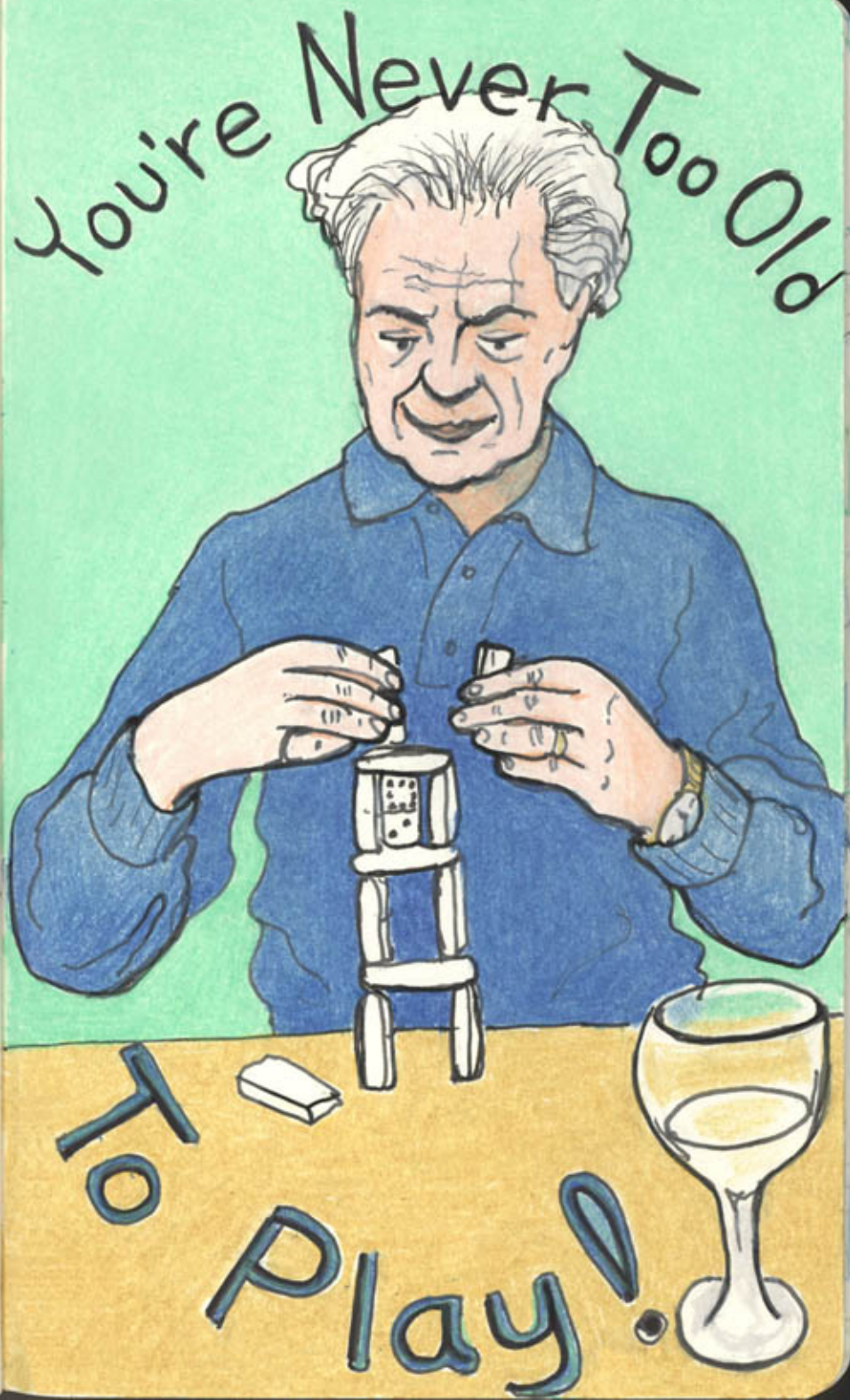
Behold
The Flame Within



The Flame
will Behold
me

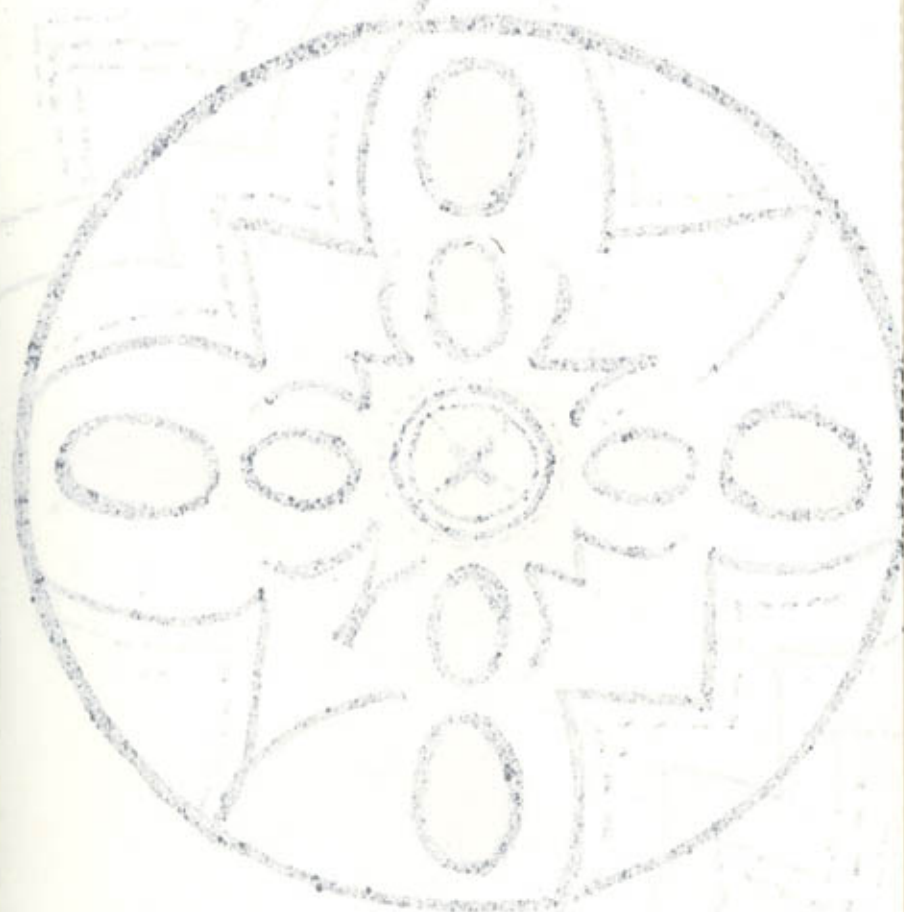
23







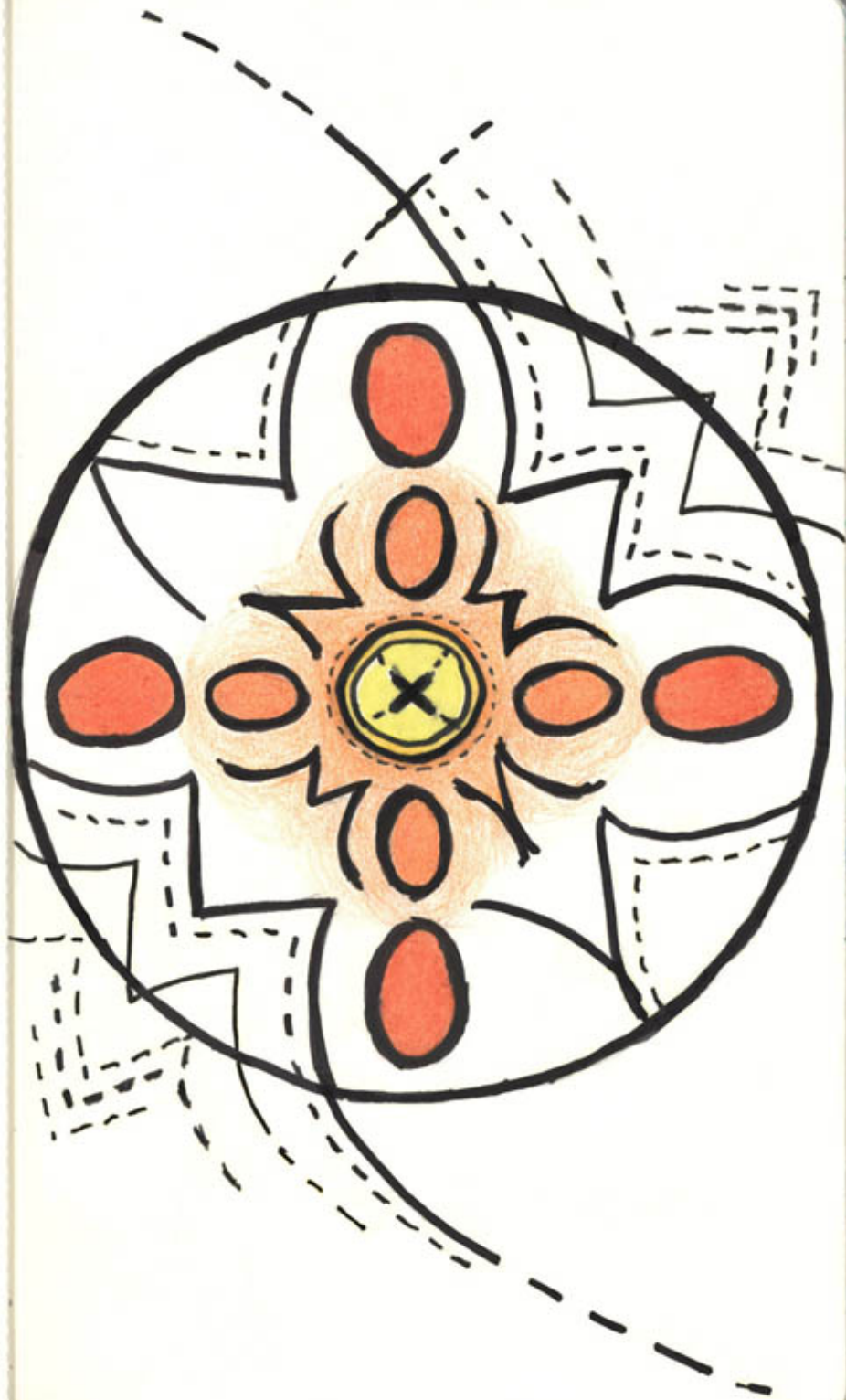
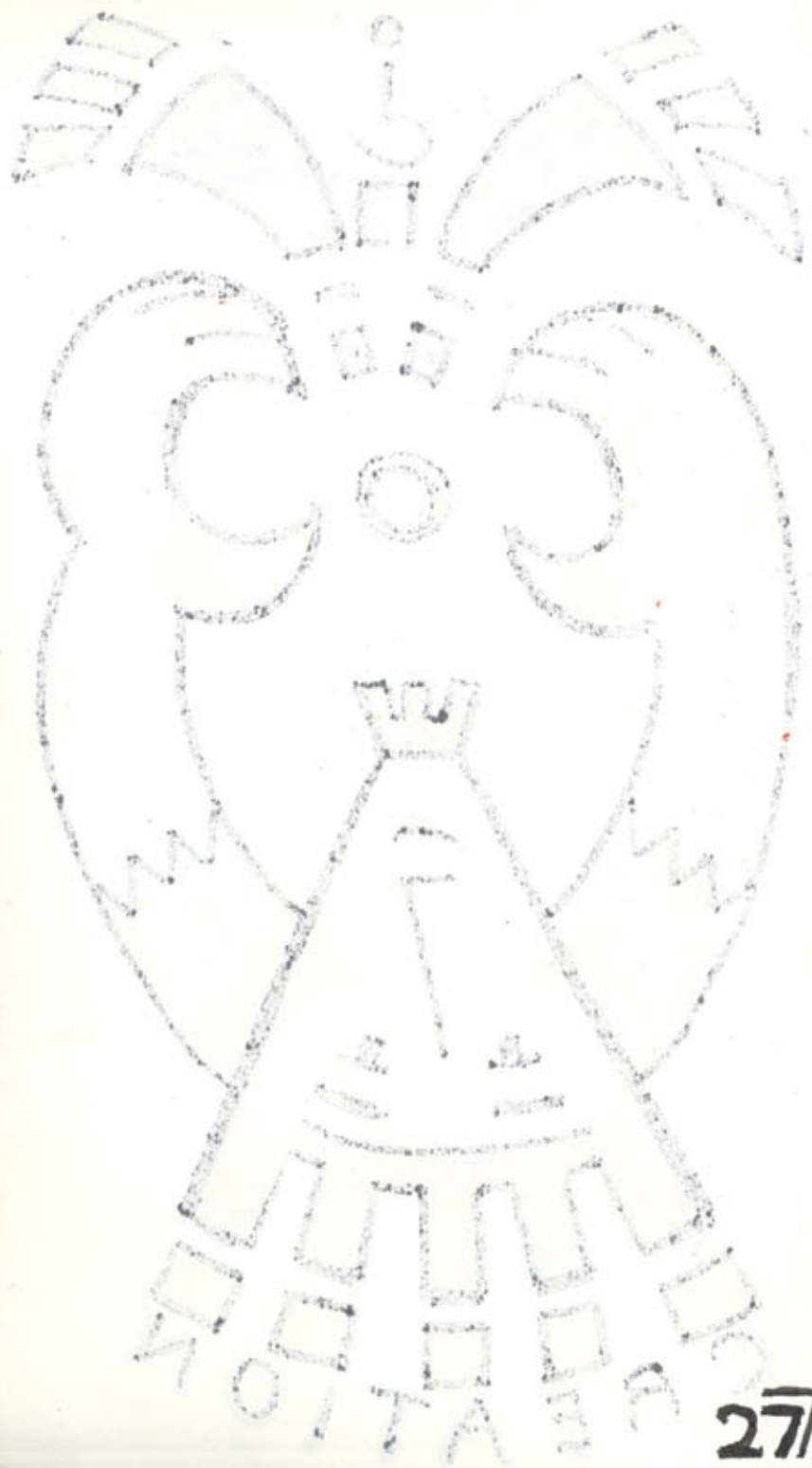
25



"Begin by knowing
you've already arrived"
- J.S.L.S.

No!
It's "Solve et Coagula!"
By this process all
obstacles can be overcome
by the transformed and
self aware.

"No! NO! NO!
It's "FAKE IT
UNTIL YOU MAKE IT!"



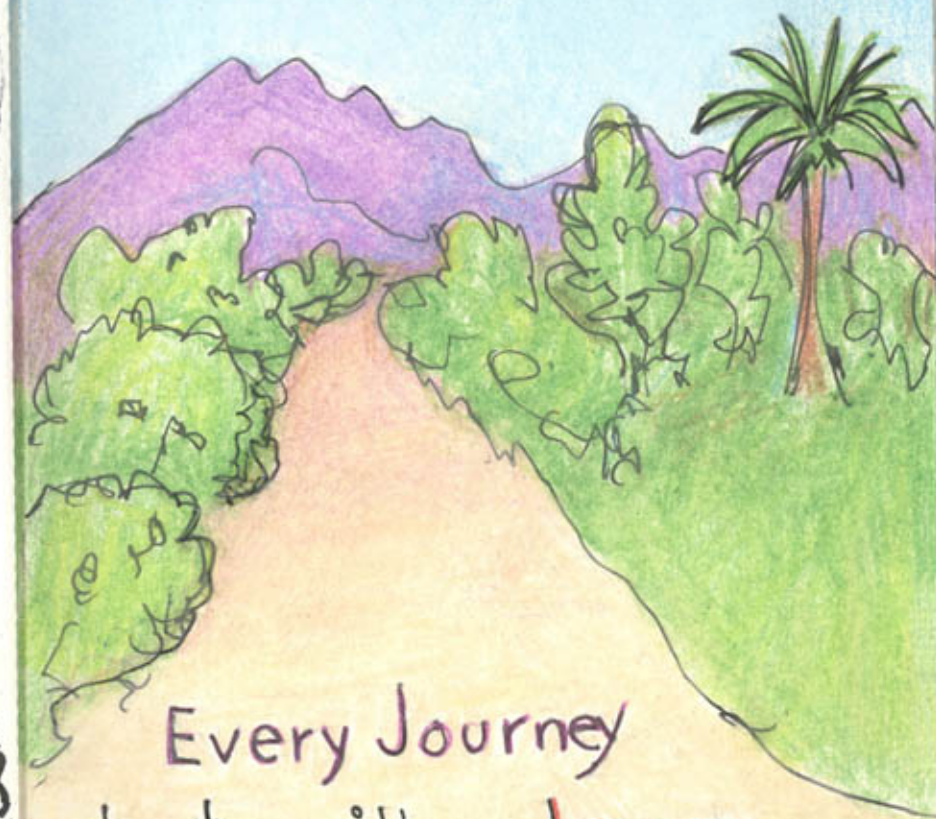
"Begin by knowing
you've already arrived."
-J. L. L.

No!
It's "2012" (2012)
By this process all
obstacles can be overcome
by the transformed and
self aware.

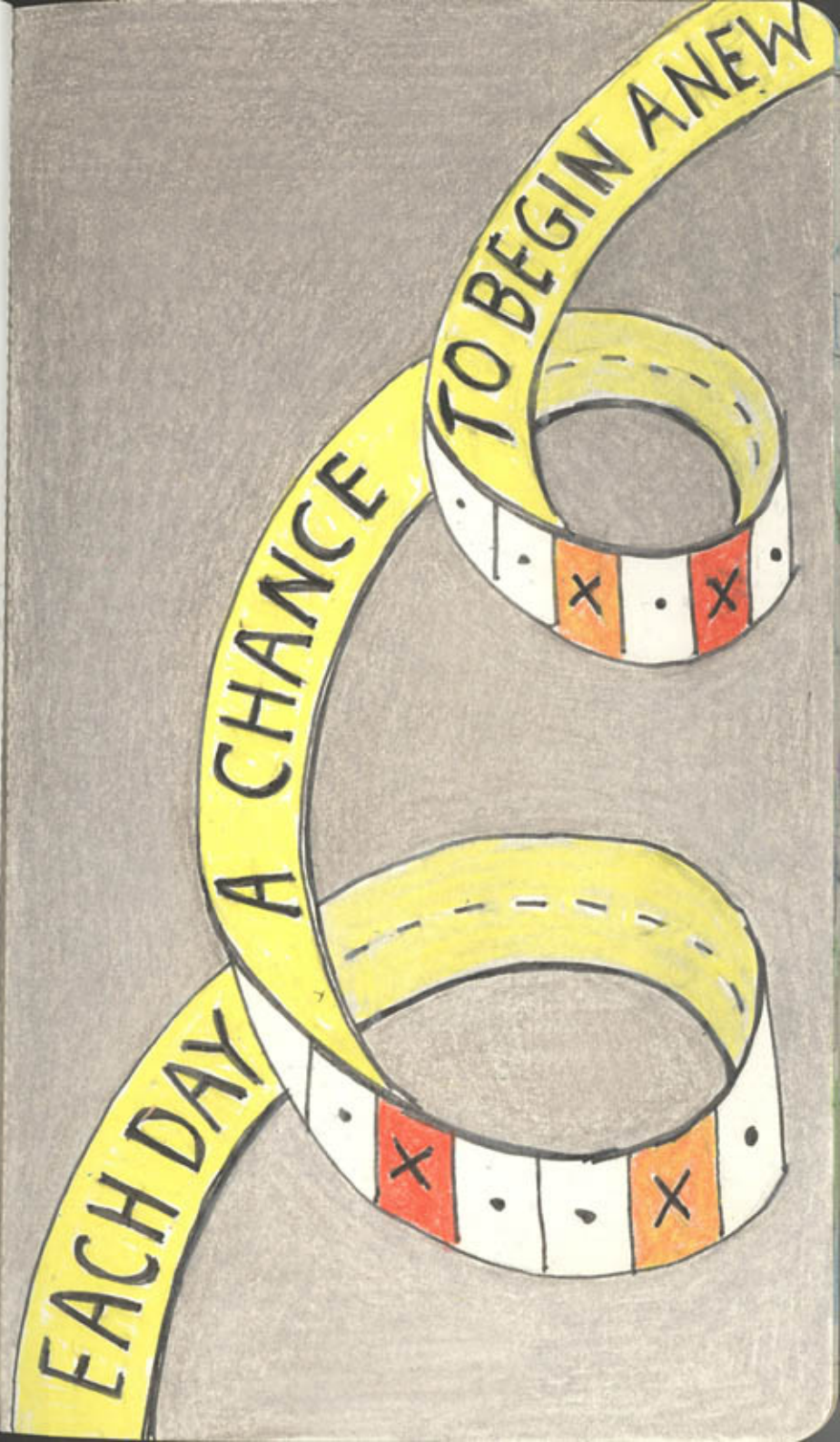
No! No! No!
It's "FAKE IT
UNTIL YOU MAKE IT!"

28

Every Journey
starts with a **dream**.



29



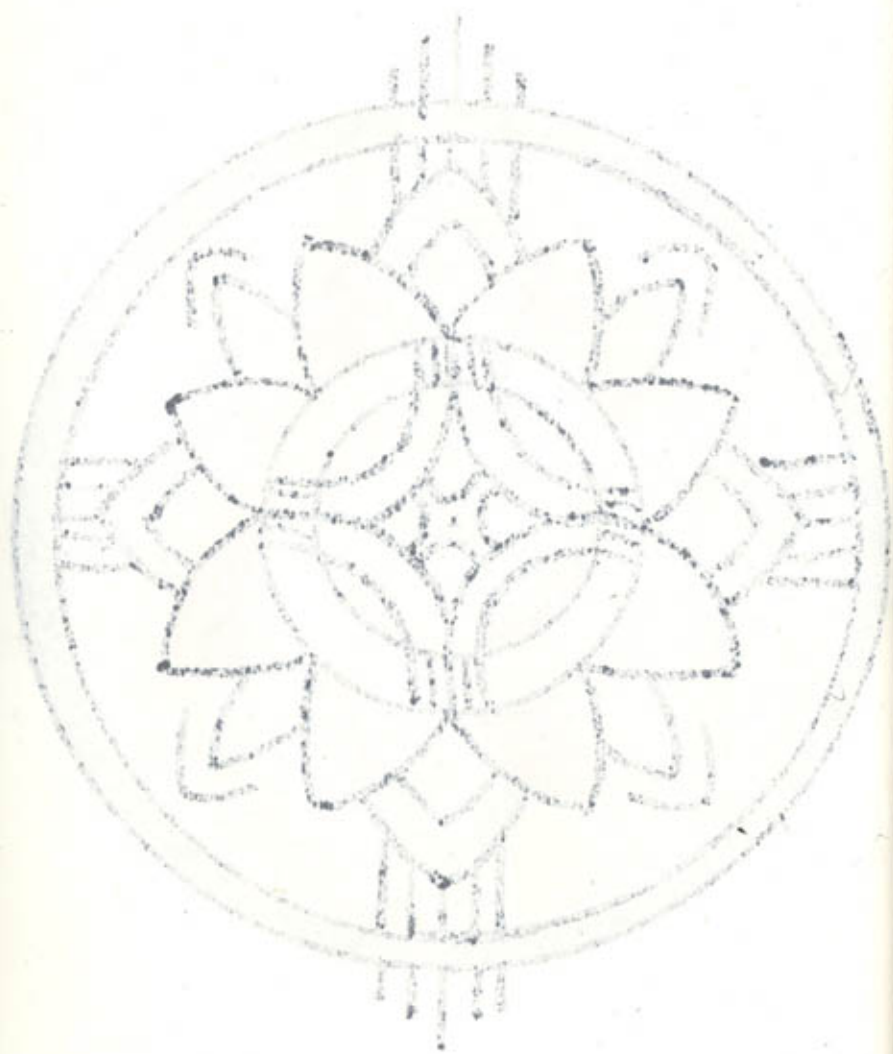
"Speak softly and
carry a **big** stick."



30

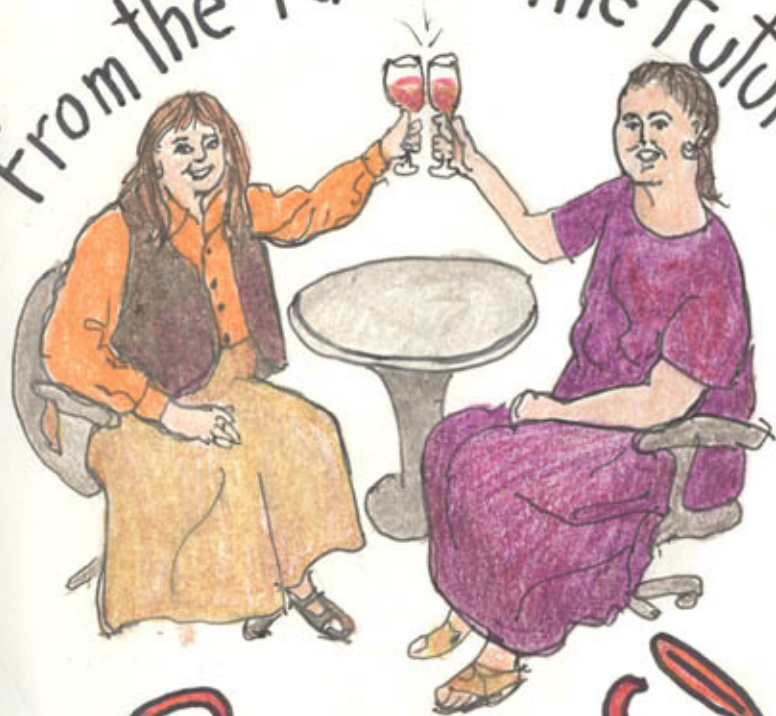
The Left-Hand **Ptah**





32

From the Past to the Future



CHEERS!
Life, Prosperity, Health



More Info

- Pg. 1: Self Portrait
Pg. 2: My hand and rose photo
Pg. 3: My hand and spoon
Pg. 4: Rubbings made from various textures: Woven circular mat, pendants with ankh, Khepera scarab, and a labyrinth, also one button with a sunburst design.
Pg. 5: Color wheels @ Wikipedia, combining a color star and a color wheel from 1908, to suggest the iris of the eye with its dark center.
Pg. 6: Ear photo @ Wikipedia, first 4 measures of melody line from "Ode to Joy", by Ludwig Van Beethoven (1770-1827), who ironically was deaf later in life.
Pg. 7: Intuitive drawing and poem
Pg. 8: My hand, eye from memory, horizontal flip of my ear drawing
Pg. 9: The hand, mine as model, is blue because it is a spiritual hand.



Pg. 10: Frog photos @ Wikipedia
Pg. 11: Jung explains the mandala:
"It became increasingly plain to me
that the mandala is the centre. It is
the exponent of all paths. It is the
path to the centre, to individuation
[...] I knew that in finding the
mandala as an expression of the
self I had attained what was for me
the ultimate."

From center of our individuation,
we radiate outward and engage in
give and take. Then we return to
the center, where we apply what
we've learned.

Pg. 12: In my dreams, I was
looking out the bars of a window at
a street scene, with a 'roundabout'
enclosing a garden. I drew this page
in my dreams, taping black ribbon
on the page for the window bars,
(thick Sharpie marker on real page)

Pg. 13: 'Runa' is the Mystery, also
translated 'secret knowledge'.

"Reyn til Runa" means:
'Seek the Mysteries!'

Pg. 14: The Ankh () is the Egyptian symbol for 'life'. Also, I'm suggesting the Djed,  symbol for 'stability'.

Pg. 15: Squinty eyed photo used to pose, smiling eyes from other photo.

Pg. 16: Intuitive drawing

Pg. 17: Poem published in

Bittersweet © 1985, Joan Horschler for CSS Publications

Pg. 18: From web-photo, imagined color, quote from The Psychology of Man's Possible Evolution -

Pg. 19: Translation by Christian Jacq. & drawn from Old Kingdom examples such as Akhethotep at the Brooklyn Museum

Pg. 20: Wisdom of the past calls: Ptahhotep, Setne Khamuast, Gurdjieff...

Magic flows to the future...

The combined work of nine artists hold the complete secret to this image's mystery, but you may find it elsewhere if you seek...

BOOK 7 of 9

Book 7 Joan Lansberry Yuma, AZ 44903	Book 8 Justin Kaiser Grand Rapids, MI 45586	Book 1 Guinivere Webb Austin, TX 44267
Book 6 Jesse Salens Dearborn, MI 44715	Book 9 James Kirby Yukon, Canada 45215	Book 2 Jennifer Chen Houston, TX 44508
Book 5 Lloyd Keane Ottawa, Canada 44427	Book 4 Fergal Fitzpatrick Dublin, Ireland 44424	Book 3 Michelle Guillory Houston, TX 44451

Pg. 21: quote by Don Webb, author of many books (Born 1960)

Pg. 22: Seek within to learn the nature of this hidden flame.

Pg. 23: To depict the heart, I didn't go with the usual symbol, but chose the Egyptian hieroglyph for 'heart'. No traditional pink and red, the green is associated with the heart chakra.

The phrase came from a quote of Pema Chodron, March 1998 Shambhala Sun.

"Our capacity to love is an unstoppable essence that when nurtured can expand without limit."

Pg. 24: Drawn from photo of our Christmas merriment, "Chicken Feet" game re-invented. Our friend Nick is only 75, so I exaggerated his wrinkles a bit.

Pg. 25: Intuitive drawing

Pg. 26: NOW mandala, numbered wrong by mistake, but perhaps this is an aspect of 'NOW'. Time doesn't matter, it is this moment now.

Page numbers don't matter, it is this page now that deserves your attention.

"The best way to take care of the future is to take care of the present moment... everything that is wonderful must be touched in the present moment."

- Thich Nhat Hanh

Pg. 27: A conversation between 3 people about the process of working towards bettering oneself through willed conscious evolution.

The idealist, via Jonathan Livingston Seagull, declares "Begin by knowing you've already arrived." The esotericist and the realist don't think much of this, finding it rather useless fluffery. The esotericist insists "No! It's 'Solve et Coagula'! By this process all obstacles can be overcome by the transformed and self aware."

"This is the strong fortitude of all fortitudes, overcoming every subtle and penetrating every solid thing."

"Through the process of 'solve et coagula' all obstacles are overcome and every subtle or solid thing (philosophical point, astral impulse or material object) can be understood and put to service."

- Mark Stavish in Kabbalah for Health and Wellness -, page 15

"Solve et coagula is a 'Hermatic-chemical axiom' which means 'dissolve and recombine.'" Edred Thorsson gives further clues

to how this is done:

"Dissolution is necessary for reshaping to take place in accordance with a willed plan." After dissolution, the reshaping occurs with "recombination of forces in a transformed, self-aware essence."

-Runelore: a Handbook of Esoteric Runology, page 119

(See those books for more info.)

Meanwhile, the realist may or may not be able to grasp the more subtle aspects of this concept. In any case, she wants to get to the bottom line. In order to effect change in her life, "We must FAKE IT UNTIL WE MAKE IT!" Whatever uncertainties we may have aren't being pacified by a self-hypnosis that tells us "we've already arrived". We know we haven't arrived, but we are going to act as if we have. In the process, this may turn into more than 'acting', whereby we've gained new skills of which we are then certain.



Pg. 28: Drawn from photos I took of Yuma's Colorado River Balloon Crossing-2010 approaching WEST WELAND PARK

Pg. 29: Emphasizes circular nature of time, what ancient Egyptians call 'Neheh', of renewal & becoming.

Pg. 30: Theodore Roosevelt said, "I have always been fond of the West African proverb 'Speak softly and carry a big stick; you will go far.'"

Source: Letter to Henry L. Sprague, 1900. This quote evokes an association, 'path' & 'Ptah'. Images consulted: My photo of 'Ptah with Ankh and Djed' @ Brooklyn Museum; Wiki photo of Nakht-em-Mut adoring Ptah @ Vatican Museum; Photo by A. DeLuca in Tutankhamun, text T. G. James - Gilded wood statue of Ptah at Cairo Museum; my photo of faience Votive Was scepter at the Metropolitan Museum

Pg. 31: Suggests aiming towards blooming Pg. 32: Power, Vision and Wisdom be yours! To see digitally: <http://www.joanannlansberry.com/art/hapythot/hapythot.html>