



June 2022

Presented by Stop Breathe Believe® & Dianne Morris Jones

Bridges & Wedges

Photo taken at Huntington Botanical Center, San Marino, California

Am I a bridge builder or a wedge driver in my relationships? The time and energy of a reflective process of distinguishing between the two can be insightful. Discerning whether we are a bridge builder or a wedge driver—in our thoughts, in our feelings, in our behaviors—is an awareness practice that invites us to open our hearts and look closely at our intentions.

May we open the invitation to build bridges in our relationships—both with ourselves and with others.

May we create some time to reflect on the beauty, the value and the stability of the bridges we build as we yearn and cultivate connection with one another.



The Bridges

By Roger C. Jones



Bridges, be they the Golden Gate, Brooklyn or Madison County, are constructed of steel and concrete and cable. They glistened in sunlight, stately standing to provide passage over streams, rivers, bays and sometimes seas. We drive over them barely paying attention to their provision of safe and efficient passage. People fish on them, take pictures, even bungee jump from them
...but there are other kinds of bridges...

What if the bridge is one of us saying I'm sorry for the harsh comment I made?

Maybe the bridge is a timely text citing
"You've got this one, friend!"

Perhaps the bridge is that phone call you made to me when my mother had passed?

What if the bridge is getting out of our comfort zone and reaching out to a stranger in need?

These are the bridges constructed from love, thoughtfulness, empathy and compassion.

They stand through the ages, spanning the gulfs that would hold us as isolated islands and strand us apart.

Day 1

“The arts bridge cultures; they’re good for the economy, and they’re good for fostering empathy and decency.”

- Julie Andrews

What medium of arts are we drawn to? Art is such a beautiful way to begin to understand the challenges and struggles of another. Expressive art can touch our hearts in a vivid way. May our hearts be bridged to another in some way through art today.



Photo taken in San Antonio, Texas.



Photo taken at Red Rock Lake, Iowa.

Day 2

“Love is that condition in the human spirit so profound that it empowers us to develop courage; to trust that courage and build bridges with it; to trust those bridges and cross over them so we can attempt to reach each other.”

– Maya Angelou

Love is risky and vulnerable. May we be courageous in our love for another today. May we take a first step across the bridge to another.

Day 3

“Build bridges of insight through empathy, see the world through the eyes of others, understand the world through their experiences, and feel the world through their emotions.”

– Tim Brown



Photo taken in Giverny, France.

Roger and I sat before this particular bridge for over an hour having a picnic as part of a bike ride in France. I could hardly take in all of the beauty AND recall wondering...what was the world of the people of this particular abode? What was the history? So much to learn of another's world!

What a challenge to build a bridge of insight! What a gift to receive the gift of insight and understanding and being seen! May we see another in a significant way today.

Day 4

“Philosophy can’t build bridges, but
can encourage people to cross them.”

– Paulo Coelho

May we invite consideration of
beginning to close a divide or chasm
we have recognized in a
relationship today.



Photo taken in Giverny, France.

Day 5



Photo taken in New Orleans, Louisiana.

“A picture is nothing but a bridge
between the soul of the artist and
that of the spectator.”

– Eugene Delacroix

The depth of expression that is
put into art is so rich and full of
beauty. May we see the soul of
another today.

Day 6

“Understanding is the bridge between two minds; love is the bridge between two souls.”

– Matshona Dhliwayo

Understanding and working through misunderstandings is such a challenge in relationships. May we reflect on how we can bridge the gap and see another through loving and kind eyes today.



Day 7

“He that cannot forgive others breaks the bridge over which he must pass himself; for every man has a need to be forgiven.”

– Thomas Fuller

The history of this bridge in Manassas is palpable. What is the tone or heartbeat of forgiveness in our relationships? What might I need to ask forgiveness for in a significant relationship?



Photo taken at Manassas Battlefield National Park, Manassas, Virginia.

Day 8



Photo taken in Des Moines, Iowa.

“I learned that a long walk and calm conversation are an incredible combination if you want to build a bridge.”

- Seth Godin

Connecting with others is such a significant and expansive piece of each day. May we create time with others today for a meaningful

Day 9

“What if we took these stones we've been throwin'?
What if we laid 'em down?
What if we forget all that we know and
Make some common ground
What if I reach for you, you reach for me, close the
distance?
What if that space between changed, if we started
building
Bridges, bridges, bridges”

- Song, Bridges, written and sung by Mickey Guyton

Reaching out for another can be extremely hard.
Reaching out towards another can be extremely
healing. May we reach out to one another today.



Photo taken at Robinson Preserve, Bradenton, Florida.

Day 10



Photo taken of New River Gorge Bridge
in Fayette County, West Virginia.

“Never to forget where we came from and
always praise the bridges that carried us over.”

– Fannie Lou Hamer

The construction and beauty and foundation of
a bridge is fascinating AND complex. Such is
also true of the complexity and strength of our
heritage. May we reflect on the bridges from
our heritage today.

Day 11



Photo taken at Des Moines Botanical Center,
Des Moines, Iowa.

“Effort and hard work construct the bridge that connects your dreams to reality.”

– Daisaku Ikeda

As we consider how to build bridges in relationships this month, we must recognize the commitment and time involved in cultivating relationships. May we reach out to someone today that we cherish.

Day 12

“Love can build a bridge
Between your heart and mine
Love can build a bridge
Don't you think it's time?”

- Song, Love Can Build a Bridge, by Naomi Judd, Paul Overstreet, and John Barlow Jarvis

I love the lighting of this bridge – how the light is so bright at the top – radiating the light at the top or pinnacle of the connection. May our hearts be radiating with love today towards another.



Photo taken of the Donaustadt Bridge in Vienna, Austria.



Photo taken on the Danube River.

Day 13

“Passion is the bridge that takes you from pain to change.”

– Frida Kahlo

The expressive art and words of Frida Kahlo represent the beauty, vivid color and complexity of our relationships. May your relationship with yourself and with others be full of beauty and may the complexities be handled with a tapestry of care, kindness and honest communication.

Day 14

“Let's build bridges, not walls.”

– Martin Luther King, Jr.

May we appreciate the beauty of a
bridge and words of another.



Photo taken in Europe.



Photo taken in Des Moines, Iowa.

Day 15

“Silence does for thinking what a suspension bridge does for space—it makes connections.”

– E. L. Konigsburg

As you can see the image of this bridge in Des Moines, Iowa was taken on a cold winter morning with the body of water frozen and thawing underneath. Isn't the season of winter and sometimes silence a time of reflection? May our hearts be restored as we learn from the seasons of nature.

Day 16

“Go to the truth beyond the mind. Love is the bridge.”

– Stephen Levine

How do we get to the truth beyond the mind? How do we live in a way that encompasses the magnificence of our mind, the depth of our heart and the beauty of our soul? May we be curious about the wholeheartedness of our love with one another today.



Photo taken in Costa Rica.

Day 17



"Bridges...are designed to connect people...
What if the bridge is that phone call you
made to me when my mother had passed?
What if the bridge is one of us saying
I'm sorry for the harsh comment I
made?..."

– Poem, “The Bridges” by Roger C.
Jones

May we be inspired by Roger’s poem to
connect with others in a loving way.

Photo taken in Grand Rapids, Michigan.

Day 18

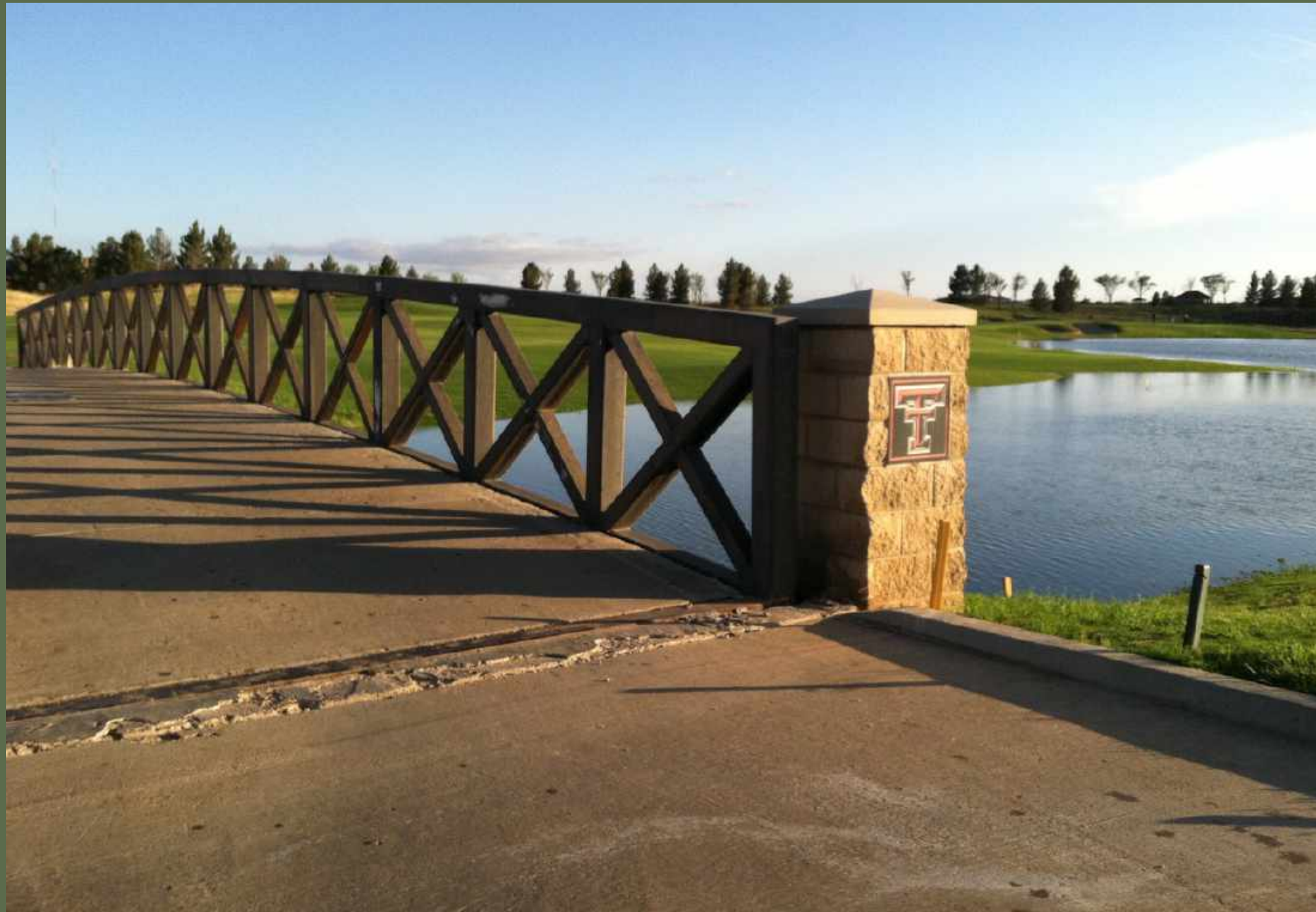


Photo taken at The Rawls Course, Lubbock, Texas.

“The sharing of joy, whether physical, emotional, psychic, or intellectual, forms a bridge between the sharers which can be the basis for understanding much of what is not shared between them, and lessens the threat of their difference.”

- Audre Lorde

May we explore today the ways in which we can be stronger together as opposed to being apart.



Photo taken in Costa Rica.

Day 19

“The time for the healing of the wounds has come. The moment to bridge the chasms that divide us has come. The time to build is upon us.”

– Nelson Mandela

May we reflect on the beauty of nature and the beauty of healing today. What small act of kindness might we do today that would create a building block of love?

Day 20

The bridge pose in yoga – with another – isn't it beautiful? The connectedness, the beauty of the sunset, the time caring for one's body in yoga....so much to celebrate in this image. May we care for our hearts and our bodies in a kind and compassionate way today.



Photo taken on Anna Maria Island, Florida.

“The biggest emotion in creation is the bridge to optimism.”

– Brian May



Day 21

“Run as far as you can in the direction of your best and happiest dreams across the bridge that was built by your own desire to heal.”

– Cheryl Strayed

How might we chase our dreams today? What healing would we like to see in a particular relationship? May we take time to reflect on our intentions and desires today.

Day 22

“Come, let us build bridges of love with each other with the cement of kindness and pillars of trust.”

– Debasish Mridha

Kindness and trust...what other components of love are essential for us in our relationships?



Photo taken at Fort Worth Botanical Garden, Fort Worth, Texas.



Day 23

"Bridges...are designed to connect people...

What if the bridge is a timely text citing

“You’ve got this one, friend!”

What if the bridge is getting out of my
comfort

zone and reaching out to a stranger in need?..."

– Poem, “The Bridges” by Roger C. Jones

May we be inspired by Roger’s poem to
connect with others in a loving way.

Day 24

“Your problem is to bridge the gap which exists between where you are now and the goal you intend to reach.”

– Earl Nightingale



Photo taken at Robinson Preserve, Bradenton, Florida.

What are some gaps in the relationship we have with ourselves that could be a challenge? Do we trust ourselves? Are we kind with ourselves? Do we listen to ourselves? May we cultivate the relationship we have with ourselves today.

Day 25

“Build a bridge by extending your hand.”

– Ken Poirot

What might it look like for us to extend our hand to another today?



Photo taken in New York City, New York.

Day 26



Photo taken at Red Rock Lake, Iowa.

“Rather than focusing on the obstacle in your path, focus on the bridge over the obstacle.”

– Mary Lou Retton

What might be our focus of our obstacles and challenges today? May we open the lens of our heart and understanding to see with new eyes and an open perspective today.



Day 27

“Love is the bridge between you and everything.”

– Rumi

Love is the bridge...what could be four pillars of love in a bridge of understanding with another? Maybe we could create an acronym of: L____, O____, V____, E____. May we reflect on what the pillars of love are in our relationships today.

Photo taken in Budapest, Hungary.



Day 28

“The hardest thing in life to learn is which bridge to cross and which to burn.”

– David Russell

Boundaries are a significant learning curve for many of us. Healthy relationships are built on healthy boundaries. May we practice the concept of “what is ok and what is not ok” (Brené Brown’s definition of boundaries) today.

Day 29

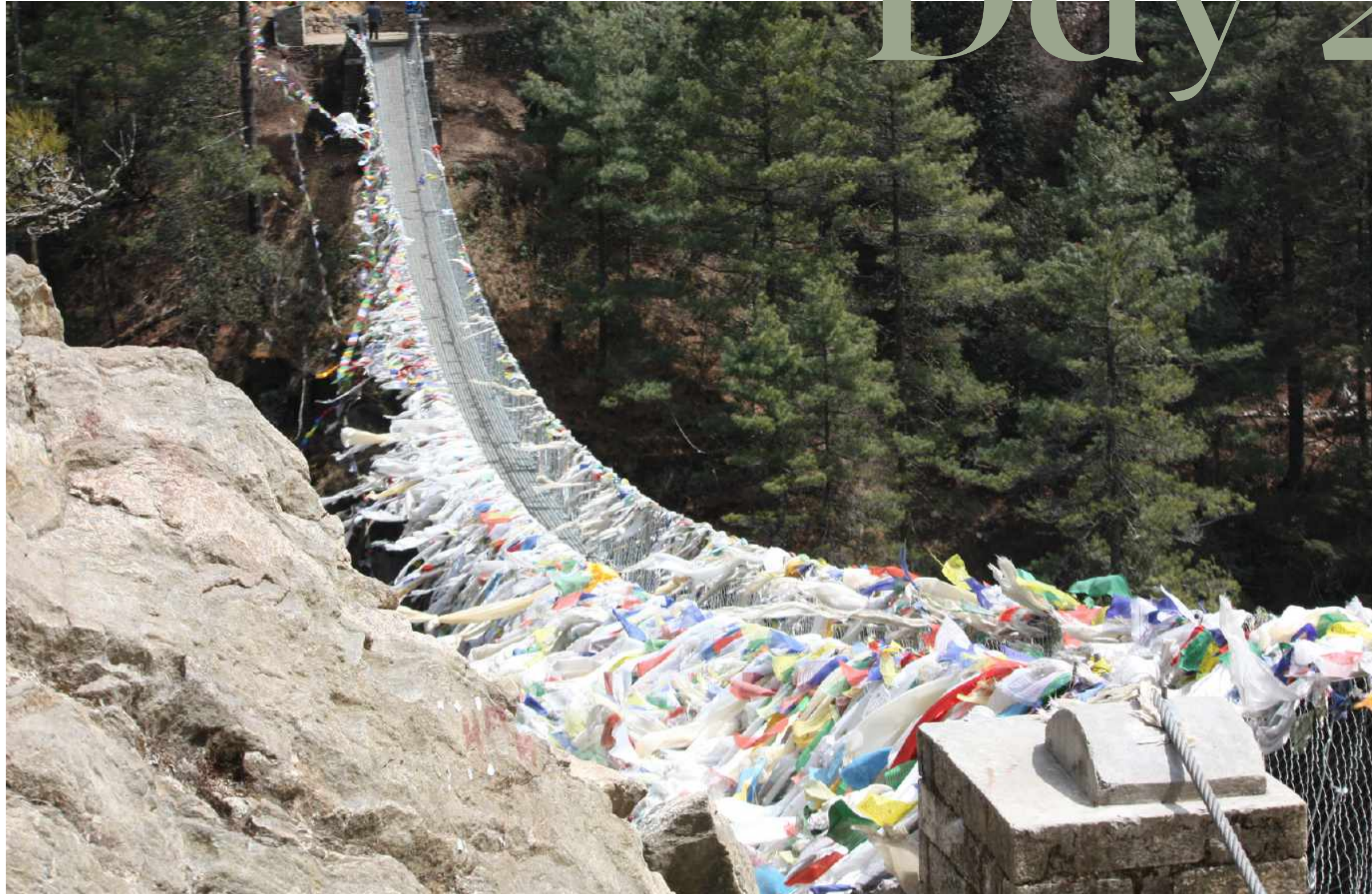


Photo taken in Nepal.

“Your mind and habits will create either barriers or bridges to a better future.”

– Al Siebert

What are the habits we are cultivating in our relationships?
Is there a habit that we might want to examine to determine if it lines up with our values?

“When you're weary
Feeling small
When tears are in your eyes
I'll dry them all
I'm on your side
Oh, when times get rough
And friends just can't be found
Like a bridge over troubled water
I will lay me down
Like a bridge over troubled water
I will lay me down.”

- Song, Like a Bridge Over Troubled Waters, written by Paul Simon, sung by Art Garfunkel

Ahh...one of the most familiar and popular songs written!
Love the wholeheartedness of a committed friendship and how at times we are called to be the bridge amidst trouble.
May your heart be refreshed today.



Photo taken at Robinson Preserve, Bradenton, Florida.

Day 30