

*Picture of the Week: November 10, 2014 – The Sails Within*

Normally I'd have a single picture and quote to give, but today and the next two weeks will be a little different. I'm on a west coast trip, and today I'm leaving Gillette, Wyoming. I was originally supposed to arrive in Wyoming November 5, but my flight had a mechanical mishap, so I was in Denver overnight. Not a bad detour when the airline pays for your hotel and gives you a few food vouchers. Next stops are Washington, California and Texas.

I'm so grateful my good friend, Alpana, hosted me the last several days. We took road trips to Mount Rushmore and Rapid City in South Dakota and Jackson Hole and the Grand Tetons in Wyoming. I hadn't visited Wyoming in over 10 years when my family visited Yellowstone, so I've grown up quite a bit. Being in wide, open spaces was a relief, even if it meant being in what seemed like the middle of nowhere sometimes. Yet in being in the middle of nowhere, I found I was still somewhere I needed to be. That place was feeling at peace- a word I've been using a lot. If you ever have the time, I'd recommend going to a nature-inspired, quiet place and be there for several minutes, maybe an hour or whatever time you can spare. It can be intimidating at first, and if you're not used to it, your brain may wander or tell you to go somewhere with more activity (or distractions ;)). But even if just for a moment you can relax, breathe in the air, and be grateful for the solitude, what seems like a place with nothing, actually has everything for you.

If you're on Facebook you can see the picture albums of my visits in my profile. Otherwise, I'll have the pictures on my website when my venture is over (hopefully before Thanksgiving!).

Here are some of my favorite pictures of Wyoming and South Dakota. As always, please share with others as you wish.



*1 Sunrise from my friend's apartment in Gillette, Wyoming*

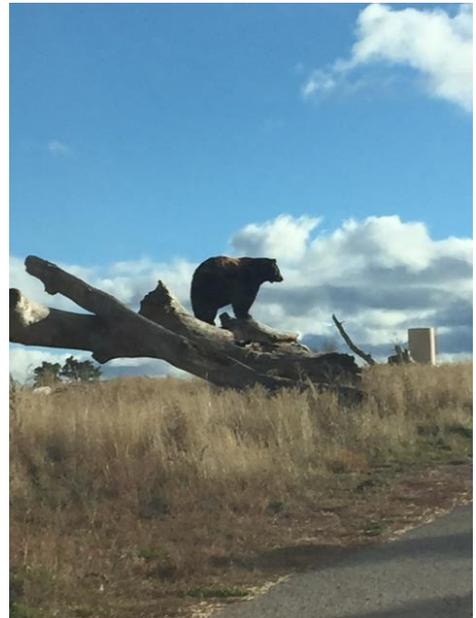


*2 Mount Rushmore, South Dakota*

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*5 Alpana and I at Mount Rushmore*



*4 Bear Country, South Dakota*



*3 Grand Teton National Park, Wyoming*

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*6 Bison in Bear Country, South Dakota*



*7 Downtown in Jackson, Wyoming*



*8 Sunset in the middle of nowhere, Wyoming*