

## Dr. Douglas Drewyer's Set List for Life

Every now and again I can be found in attendance at a live music event. Whenever I have the chance, I snatch the set list off the soundboard or the stage monitors to have that talisman of the show I've just experienced. Most often, it becomes immediately obvious that the set list in print was a guide for the band, not necessarily a doctrine. Perhaps it was more a recipe or a road map. Sure there are set breaks and encores, even the "Donor Rap", Phil's every show request to consider becoming an organ donor – a sincere expression of gratitude to the young man who saved his life. And even with the guidelines and sequencing so nicely laid out, most frequently spontaneity showed up, the muse took the band in another direction and they followed, segueing or sequencing in a way that seemed to make more sense at the time, adding, deleting, morphing from one selection to the next, likely with some cosmic jamming out of one and into the other from directions that no one knew ahead of time and everyone knew when it *was* time until, finally, the show was complete, authored just as was and offered in gift to those who completed the circle in their attendance and appreciation.

I don't know 'bout you, and, I'm a list maker also. Prioritized, outlined, sequenced and categorized, my lists sometimes even have lists of their own. I've been wondering lately how life shows up, the ultimate show of shows if you will, with a set list all its own that doesn't resemble my set of lists whatsoever. And then it occurred to me, we are all dancing to life as it plays out musically, as beautifully melodic as any of the band's shows. I've been there when the performance becomes a train wreck, the band miraculously pulling itself out of the collision of tuning and meter, lost verses and turned upside down phrasing, until, ferociously, they landed on their feet and cascaded down the most wondrous path, even teasing back to the memory of the wreck as if to wink and nod that, yes, certainly, it all could have imploded, and didn't, as the group mind of collaboration summoned the resources of talent and feel and soared again to the heights.

In our lives, destiny would look in hindsight and lay out a set list as if it were already known, drawn up and followed just so. Fate seems to be those near train wrecks along the way, the junctions when each tune may not be lined up to ease into the next without illness or upset.

When I have the opportunity to give a live listen to Neil Young or Bob Dylan, I am always there with an excitement that I don't know what's to come. Often, I am aware of those in the crowd who came with expectations that they were going to hear an oldies but goodies right-off-the-album recital. I can assure you that ol' Neil and Bob don't ever do those types of shows! So, when Dylan shares a tune that you think you are hearing for the first time, then you start to recognize the phrases, and then you may or may not recognize the tune, if you have room for that night's interpretation of an original piece, you might just expand your view that a superb song, much as a superb life, can show up in many-colored ways and yet stand up as superb in any of its interpreted forms. And if Neil chooses to stand by his speaker tower focusing on feedback for long stretches, you may be able to join him in that visit to the chaos and mayhem that is always just waiting in the shadow of the song we'd come to know so well. Both performers provide that challenge to see life showing up just as it wishes to show up, free of constraints and rules that destiny never intended anyhow. And, somehow, the journey becomes all the more vital and passionate as a result. Set List continues on the next page.....



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## Dr. Doug's Set List for Life Continues...

Thursday October 18, 2012

Althea JGf

Cripple Creek G.B

Been All Around This World BR

C Tonight I'll be Staying Here W/You JGf

Scarlet Begonias GL

Early Morning Rain PL

Cold Rain and Snow BL

C Diamond Joe RJ

Candyman TL

C People, Turn Around GL

Wild Horses BR

C Dreadful Wind and Rain BL

I Know You Rider A

E: Ripple

The scorn, the "BOOS!", I've heard from the expectation-driven fans (?) have me wondering how those folks respond to life's events when they show up as mayhem, chaos, or an old tune newly envisioned and almost un-recognizably revised. I know better now than to stand and dance in front of those folks!

I've been embracing this free form/free fall of life for some time now. It seems to me that fate is relentlessly ready and willing to toss some detours and roadblocks and destiny is waiting around the next bend. The meanings I assign to everything, the values I embrace, align me with a purpose that, if I realize the me it's wrapped around, becomes the destiny realized in a life fully lived.

When the band takes their chances with the music, the destination doesn't need to be known, it is discovered beyond the twists of fate. The set list allows some structure, some meanings and values within, maybe even some guideposts along the way. When the show is complete though, it's destiny revealed. It's how the fateful episodes were managed, however, that will ultimately allow the pre-destined, full exposure and true colors of the performance to be realized.

When the permission among the performers and the audience, the mutual support to "go out there", to push boundaries, to waver a bit off course in order to discover true course, when that permission is mutually shared, well then, magic can and does happen. This may be described as "the music playing the band". I can think of it in terms of life making its way as life will do, with me as an effective listener and response-abled, or me as a reactive tight string ready to bust.

Are you aware of your set list? Do you have the support of your band mates to veer outside the lines now and again? Are you comfortable with re-inventing or re-interpreting that same old song?

There's plenty of "science" out there that analyzes how well we do this, by the way. In short, the more connected we are, the more we support each other and those in need, the more we accept the fateful conditions that occasionally interrupt the sweet music and push it in another direction, then the more the magic "hug" chemical courses through our systems, strengthening our hearts and relaxing our blood vessels, effectively keeping our "instruments" tuned and knowing joy. Now that's a show worth sticking around for.



*In memoriam:*

*Gramma, you were always the first one to read our newsletter, and to pick up the phone immediately and gush about how special you found it to be.*

*Thank you for dancing with me for 40 years. I will always hold the space for you, right next to me, as I write for you, and dance with you in my heart. dgd*

## Therese's Reminder: Don't Forget Your Medicine List!

In this day and age, most people are taking some kind of medication, or supplement. We are a society who want to live and mature gracefully and “feel good” while we enjoy the process.

A specific and complete “medicine list” is important for all people to carry around in their wallet or purse. All of the following should be included in your list: a record of prescriptions (don't forget birth control pills), over the counter medicines, herbals, supplements, minerals, ointments, and vitamins. It is essential to bring this list to your dental office because your overall health is very important to us. Medications flow throughout your body and can affect the mouth due to certain side effects. If we are unaware of the daily medicine you are taking, we cannot properly diagnose your dental health. It could lead to an unfortunate dental and/or health problem. For example, certain medications can affect your gums and saliva. Also some anesthesia used in dentistry can conflict with your medications.

We are fortunate to have a computer program that informs us of medical and dental side effects. But the only way we can keep you aware of this is by specifically knowing “all” the medicines including over the counter, minerals, vitamins and herbs that you take daily.

It is important to always update your “list”. There are times when your physician will change your prescription for the same ailment such as diabetes, blood pressure, cholesterol, etc. We need to be aware of these changes because they could present different side effects. Get in the habit of carrying a “medicine list”. It is not only helpful to the health professionals in your life but also to a relative and/or friend that might be assisting you. In some cases, it could save your life.



### Dr. Doug's For What It's Worth

My “for what it's worth” regarding professional healthcare service providers:

When folks are in the service of supporting other folks, what is essential for success?

I say, first and foremost, the offering of listening without prejudice. Next, the provision of skilled services with the potential to inform advancement along a process towards goals. Finally, a mutual letting go of the necessity to achieve the goals, while allowing the goals to serve as motivators, stimulators and guideposts along the way.



### Summer's Bookends

*It was the first day of summer  
I walked the pre-dawn under a cloudless sky  
a huge moon stayed up long enough  
to show me the way  
Now summer's almost gone,  
the Harvest Moon gives off its guiding light  
I seem to be struggling to reach  
the first light of day  
I know I'm here, I see my shadow  
And I know I'm not sitting on a throne  
at the center of the universe  
I reckon I'm lookin' 'round  
to see who's walkin' with me,  
that's all*

*- Nici Repose*

### Take Five with Barb

We hear it all the time, how meditation can improve our health and well-being, but so often we think we will have to invest too much time and let's face it, we don't have enough time for everything we do as it is! I thought I would share with you two different 5 minute meditation practices that could fit into anyone's schedule.

Practice One: Stand erect and still or sit up straight. Close your eyes and focus on your breathing. Inhale slowly and deeply through your lungs and into your abdomen, then exhale. Keep your breathing as natural as you can. Do the breathing for a couple of minutes. Next, think about someone you love, picture their face and the happy times you have shared. Stay focused on this for a minute or two. Lastly, focus on your heartbeat and feel your heartbeat in your fingertips. Give yourself about 5 minutes to complete this practice. You will walk away much more relaxed! You can do this meditation anywhere. Standing or sitting, riding in a car (passengers only), standing in a line or waiting to be called back for a dental appointment.

Practice Two: This is the easiest one. All you need to do is, one by one, picture all your organs smiling, starting with your heart and moving down through your body. I have also used this meditation with areas of my body where I have had pain or discomfort. Believe it or not, it has actually worked !

