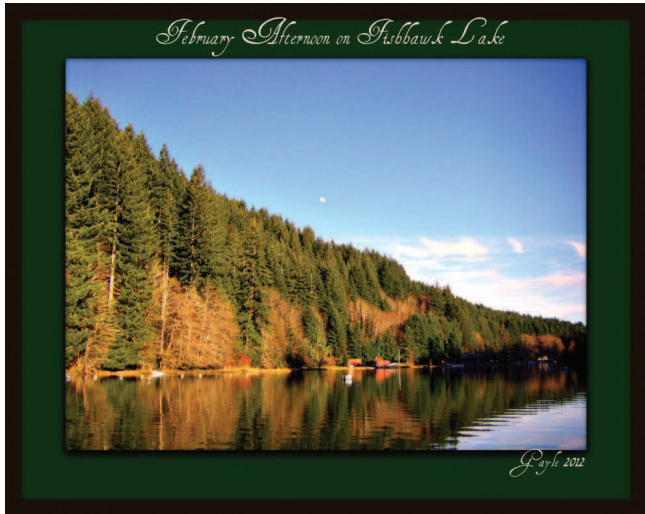


Living on a Lake in the Country - Go to the Wilderness... and UnPlug

By Gayle Rich-Boxman

This place I call home, Fishhawk Lake has the kind of gift I want to present to everyone. It is a way of withdrawing into introspection that is so necessary for renewing the spirit. For having those "AHA" moments. It is solitude, plain and simple.



the people who tug at you daily. This is why so many religions allow time for prayer, meditation. It brings each person the opportunity to come back to center when you are off-balance. It offers the chance to bring about great ideas, answers to problems or maybe gives you the chance to forgive yourself or reward yourself from recent turmoil.

For those of you looking for that wilderness getaway at Fishhawk Lake, you can reach Gayle Rich-Boxman at (503)755-2905. Or e-mail me: richbox@centurytel.net

In looking at some of the great role models in history, Moses, Jesus, Mohammed, even Thoreau, they went off into the wilderness to discover their "beingness." By being alone in the quiet, it gave them the solitary moments of introspection that are so very necessary for balance and for creativity.

Finding your place of solitude on a lake can very well be the answer. It brings about epiphanies, revelations, can give you the ultimate joy of being in a land of clear crisp morning air, glassy mirrored surfaces that reflect the skies above or simply allow you the chance for reflection by sitting by the water.

This is the very reason why I am so passionate about Fishhawk Lake. It gives all of us that chance to "unplug" from society, if we wish. To stop the madness. To LISTEN. To listen to birdcalls, to listen to your own quiet inner voice. To simplify and let go.

Once again, Thoreau:
I had three chairs in my house; one for solitude, two for friendship, three for society.

Susan Cain, author of "QUIET: The Power of Introverts in a World That Can't Stop Talking," puts it this way: "solitude is often the crucial ingredient to creativity." By being solitary in a surrounding that embraces that, it gives you the chance to clear the fog and get back to who you really are. It can give you the chance to recapture that person who may have been lost in the crowd of open workspaces, or from all of


Having a place tucked away in the wilderness, like Fishhawk Lake can be that haven for the occasions where you allow yourself to get away, or it can be the slice of heaven you wake up to every morning for the rest of your life. For being solitary or social, it can happen here. Bring one chair, two or even three.... it's your choice.

Where Do You Read The Voice?

On a recent business trip to the Canadian East Coast, I finished reading the newspaper. It reminds me of home wherever I go. I was going to take pictures at multiple places, but I got the paper wet.



Best Regards,
Henry Martinez
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