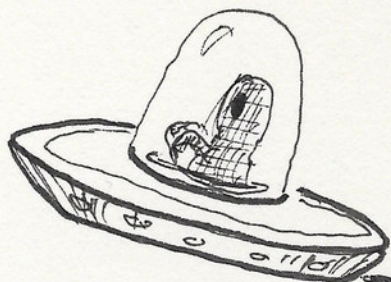
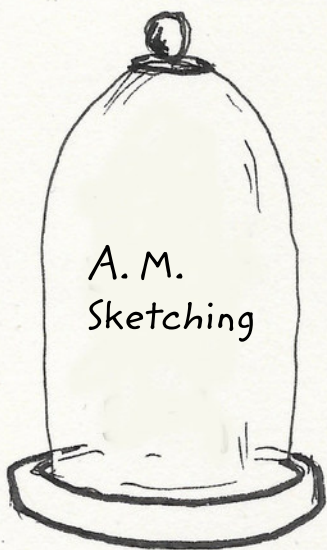


A. M.
Sketching

drawing done by
hand at breakfast

by Sue Clancy





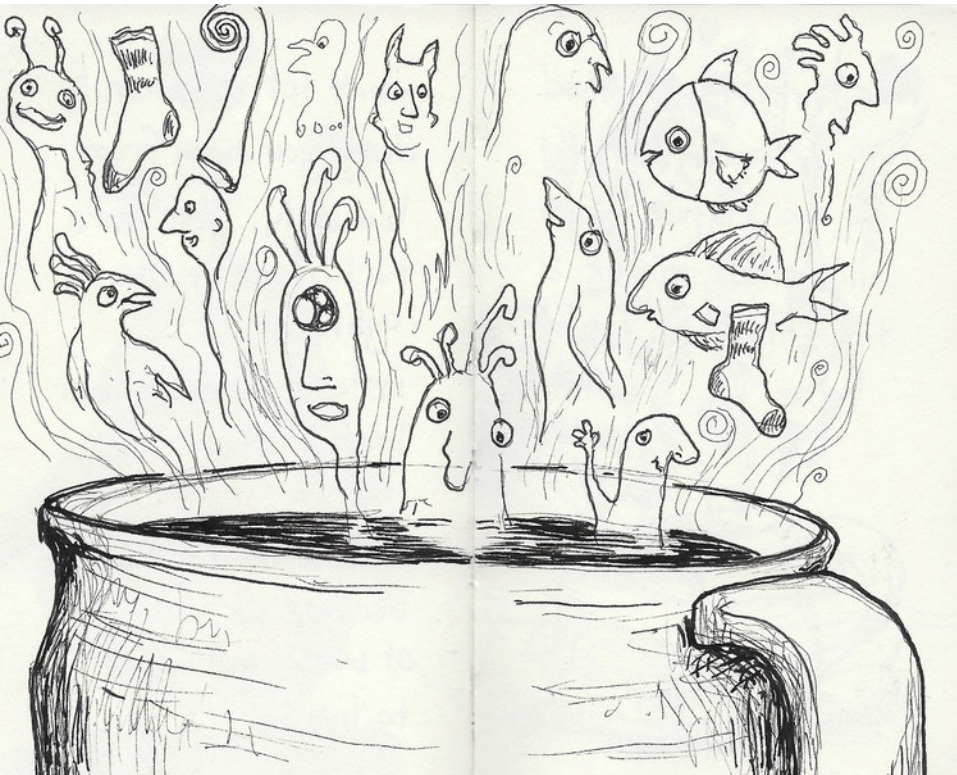
by sue clancy

A.M. Sketching
drawing done by hand
at breakfast
by Sue Clancy

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this book was created
in Vancouver, Washington.
this artist studio
www.sueclancy.com

extra special thanks to
Judy Sullens who doesn't mind
art supplies on the
breakfast table.



Sue Clancy draws, paints and writes in her sketchbook most mornings during breakfast - because she needs a little joy regularly along with her coffee. The phrases and artwork - the coffee spirits - are whatever is on her mind that a.m. while striving to start a day gently. She draws, paints and writes by hand using fountain pens, ink and gouache. In this book Clancy reproduces her sketchbook pages as exactly as possible; smudges, spelling mistakes, scribbles and all. There are blank pages at the end for your own coffee spirits aka thoughts.

Clancy shares many of her sketchbook pages via email with her Substack followers at sueclancy.substack.com



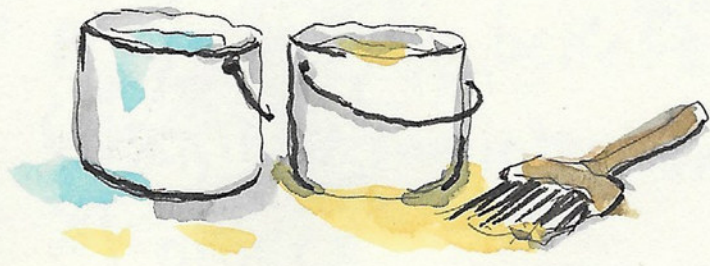
Clancy drawing during breakfast with help from furry assistants.



Here's a closer look at breakfast and a sketchbook page.



you can't do all of
the good that's
needed in this world
but the world needs
every bit of good
that you can do





CLANCY

reminder : we need
a little joy regularly
to keep our spirits up
while we deal with
difficulties and even
protracted battles.
so remember to feed
your joy , it's probably
hungry.





we are always choosing
what to care about...
so caring is what we're
all about





other people don't have
to see, believe or accept
your personal growth -
their disapproval doesn't
erase your progress -
so celebrate and keep
going! Do it for yourself!



most of your life is
Spent inside your own
mind so make it a
pleasant place to be

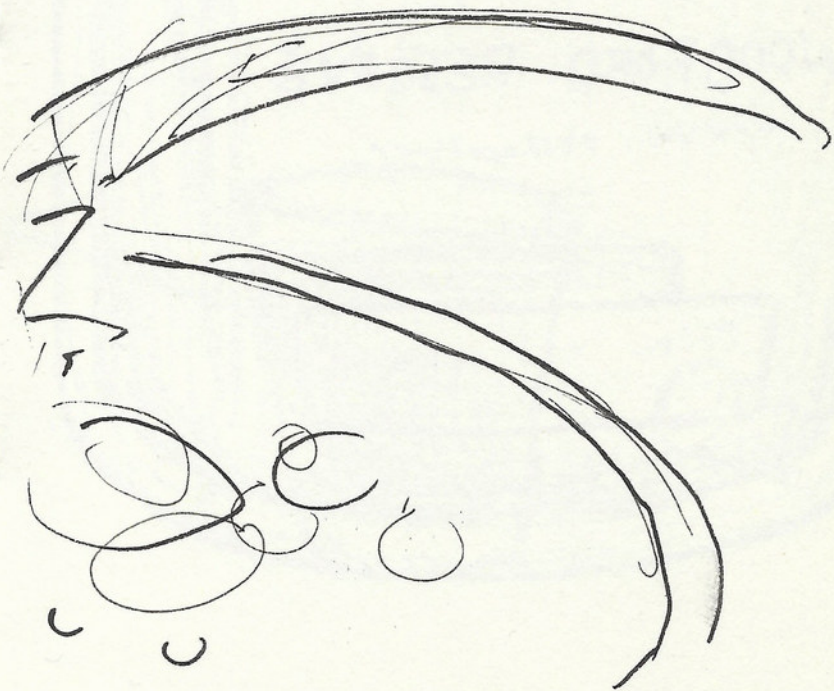


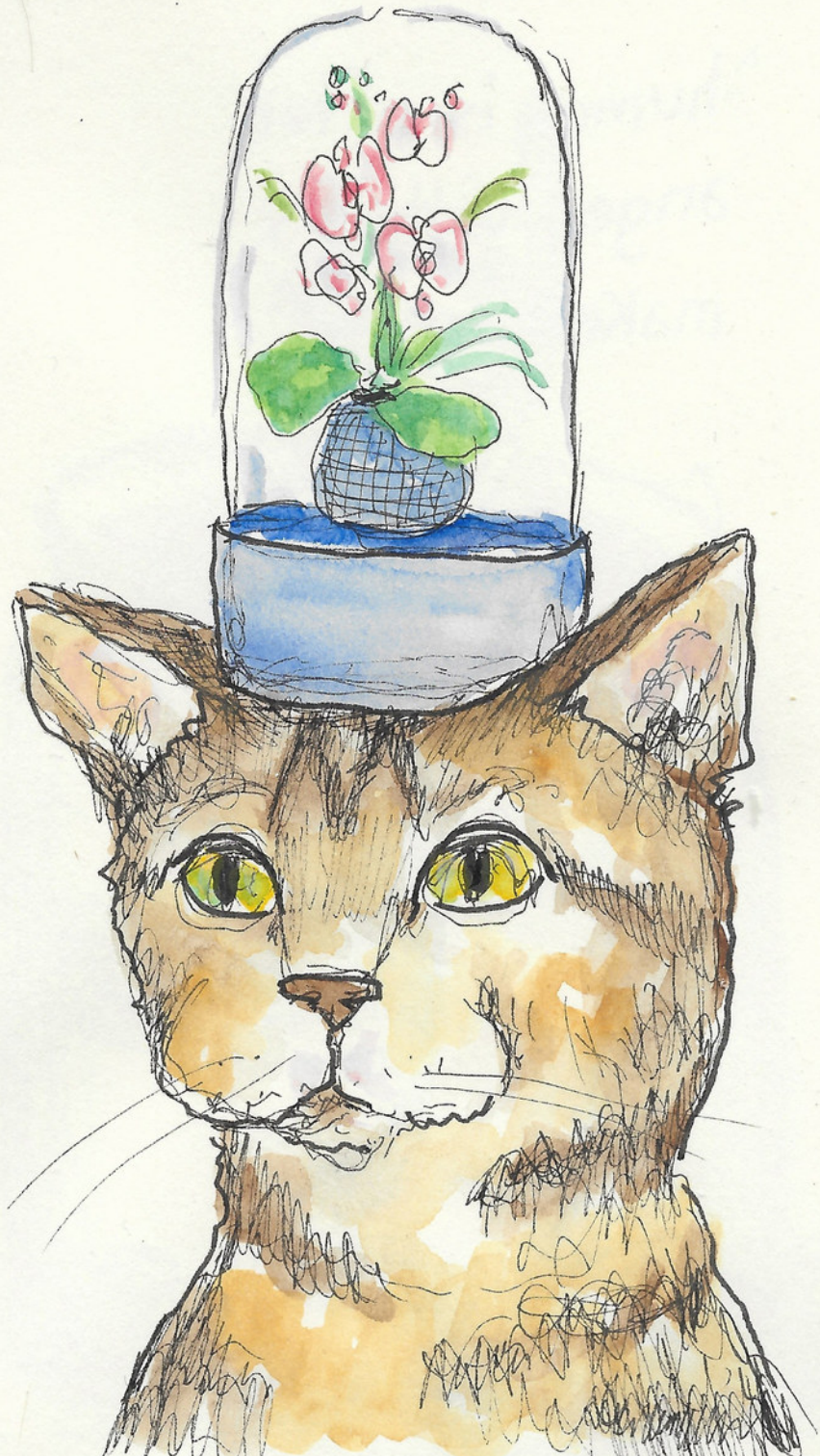


Forming a 'theory of mind' is critical to our ability to understand ourselves and others, it enables us to introspect, consider thoughts, feelings and mental states, to develop empathy. people with impairments to 'theory of mind' show problems with self-awareness, are prone to false beliefs and falsely infer the intentions of others



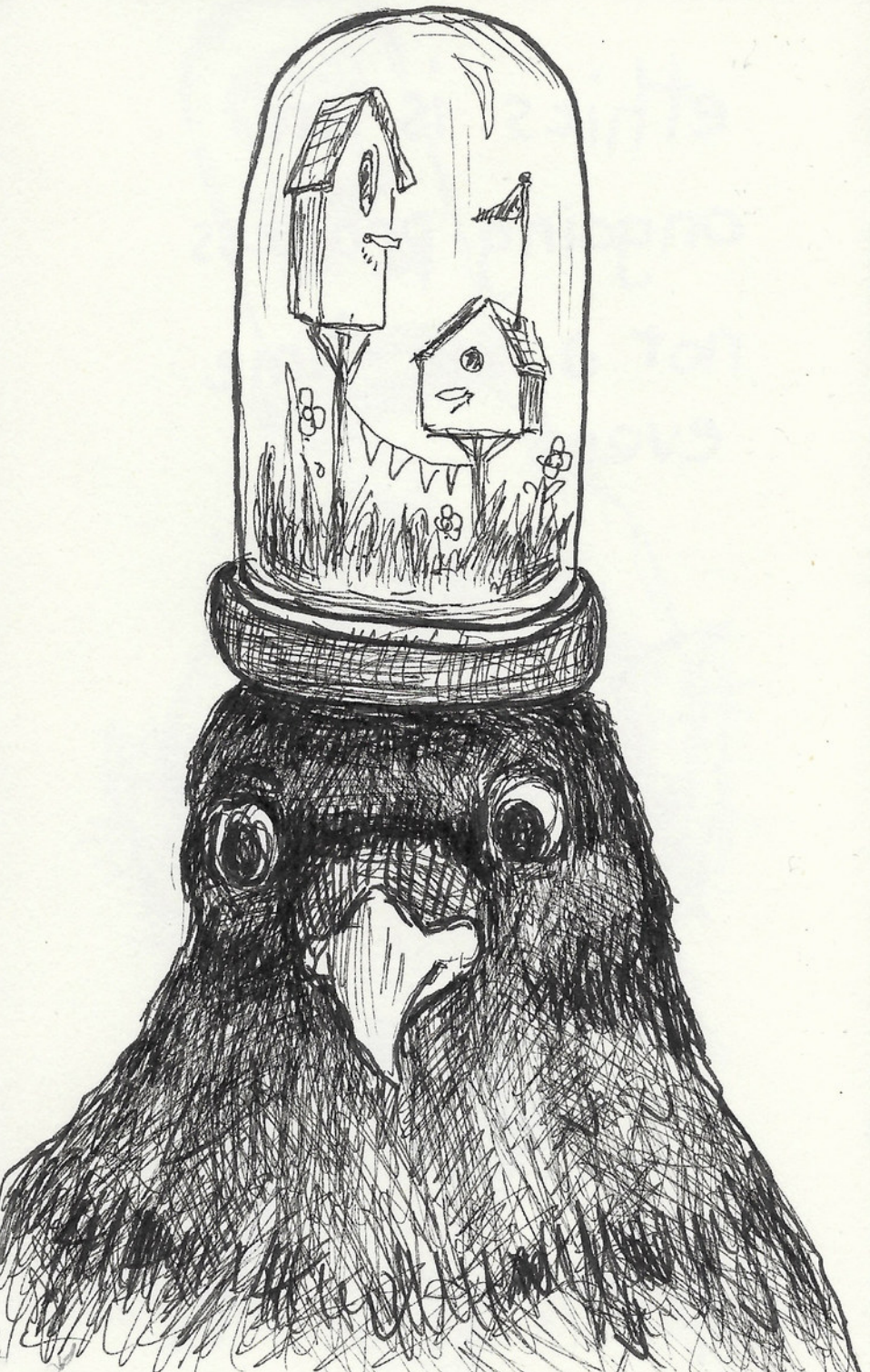
practice making time
for things you enjoy
and practice letting
yourself enjoy things
unselfconsciously -
that's how you'll know
you have a good life





take grief and make
something good out of
it ... bring some ^{LOVED} aspect
of the person, pet, place
forward along with you
in your life





in a time of
uncertainty
rely on your
ability to figure
things out as you
go along



your body adapts to
what you eat, your mind
adapts to what you believe/
consume, your soul adapts
to what you love, whatever
you "feed" yourself today
is what you'll become in
the future ... so the future
starts now



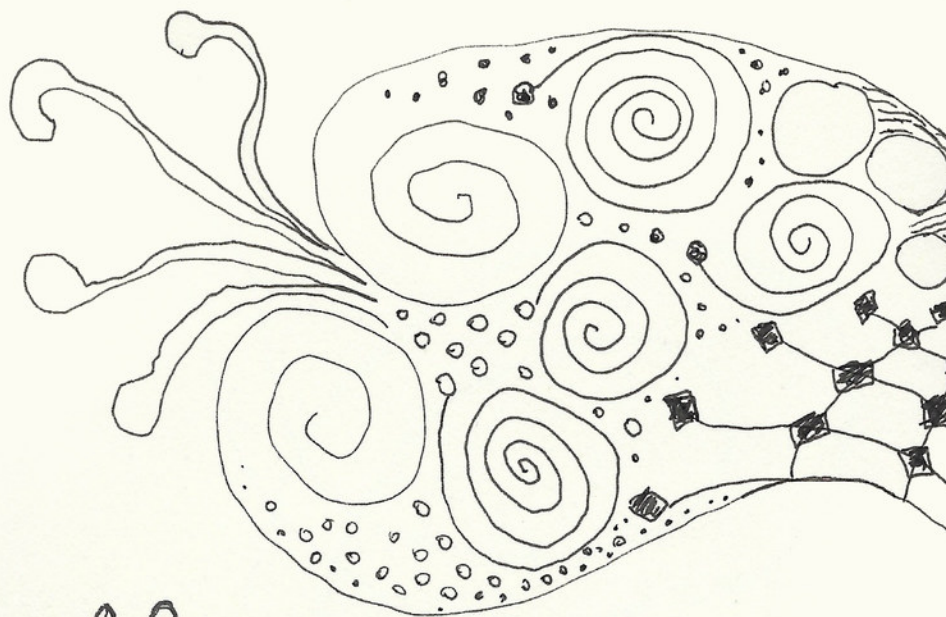


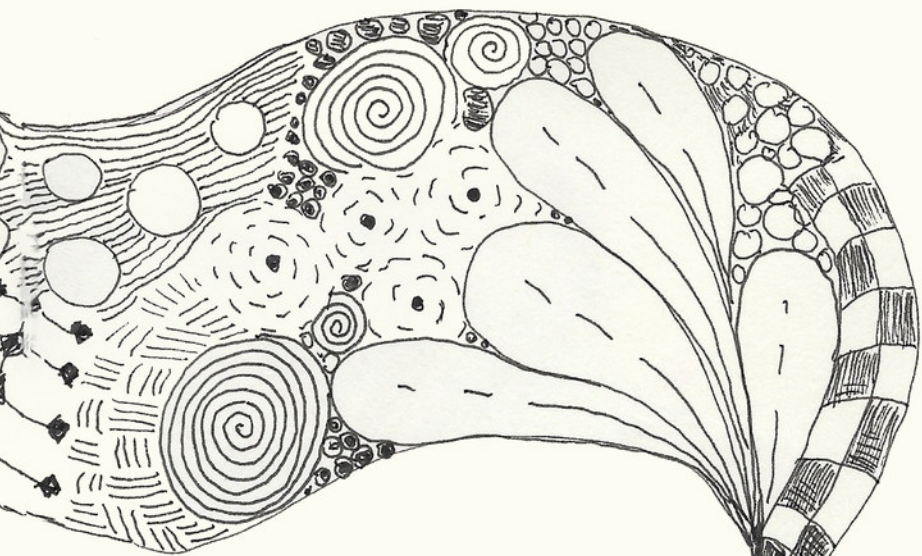


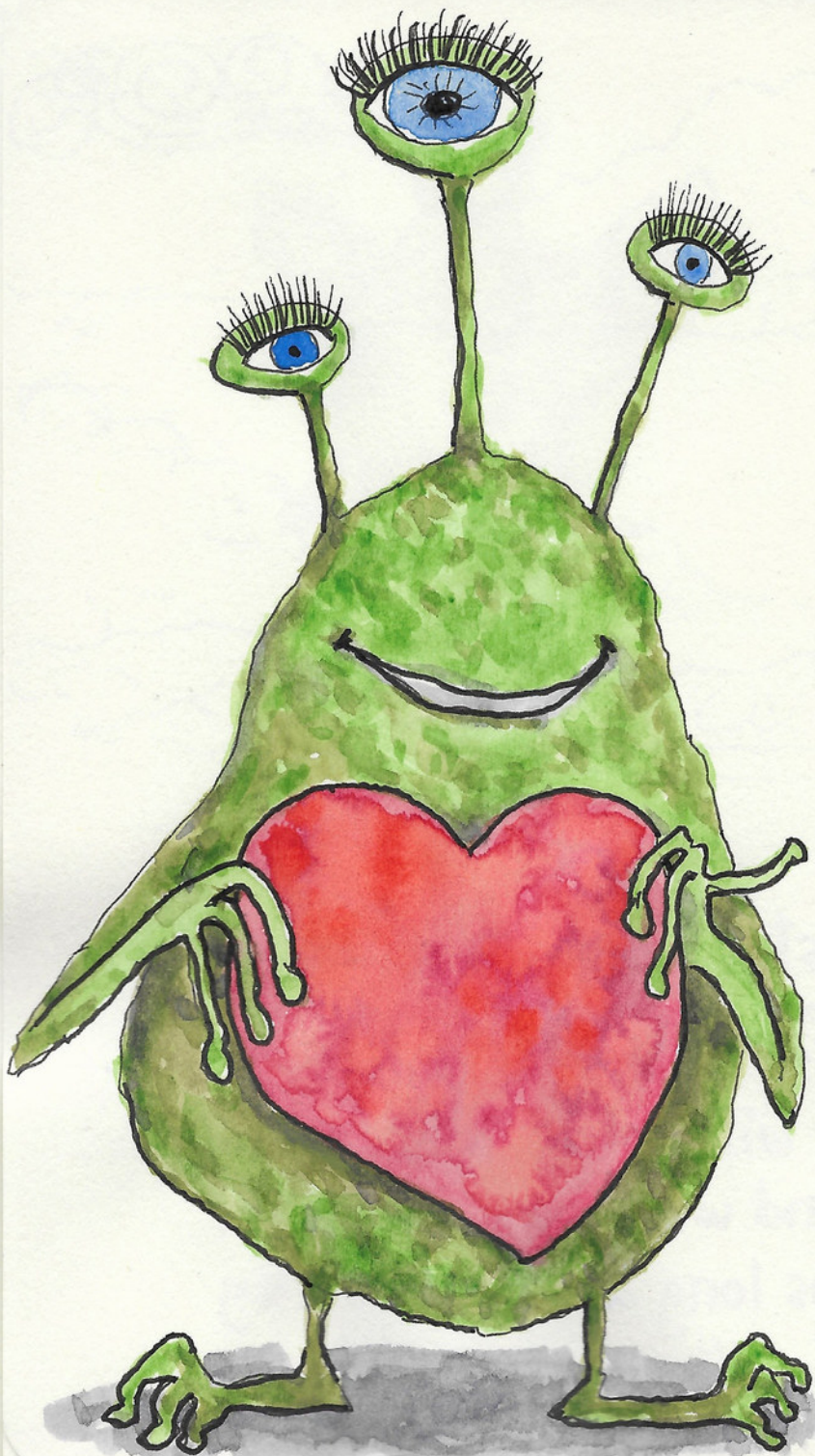
SUE
CLANCY



anger is exhausting...
instead of anger focus
on your pleasures, the
things that give you
hope and move in the
direction of your dreams



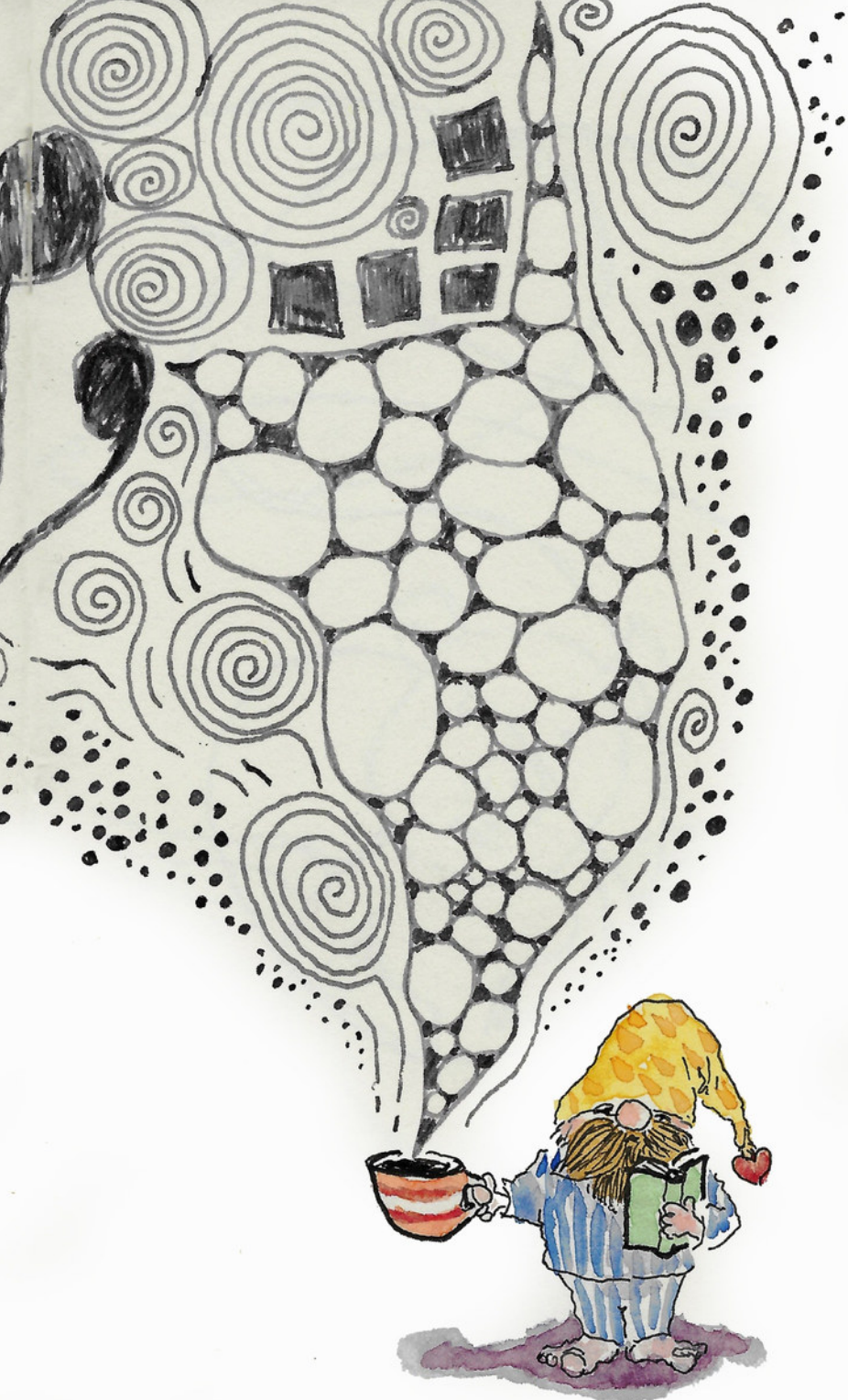




don't let inhumanity
drive you away from
humanity. don't be a
participant in the
ugliness.

instead maintain your
love of other people,
your kindness, your
willingness to care...
because it's the type
of world you want
to live in.







we are made out of
difficulties, rose petals and
wildflower seeds of hope
mixed together in
star dust ...

... your be-ing
is precious.



logically developing and
clearly explaining an
idea, supporting it via
relevant fact-checkable
details is a desirable
and significant skill
-worthy to have even
in the age of publicity
stunts, competitive
righteousness and the
thrill of performative
rage



pausing, taking your time
and reflecting are all
radical acts





one of our human
strengths, our dignity,
is our capability to
work together for
the common good





IT'S
THAT
MOUSE'S
FAULT
THAT
YOU
HAVE
NO
CHEESE.



GRRR!
~~_____~~

when furious get curious :
is there anything *practical* i can
do about this issue? donate? vote?
volunteer? how can my behavior
change that could resolve the issue?
if there's nothing practical i can do
then who benefits if i'm angry?



* "PRACTICAL" MEANING
DOES NOT HURT ANYONE
AND STANDS A GOOD
CHANCE OF RESOLVING
THE ISSUE EVEN IF IT
TAKES A LONG TIME



Subtleties and nuances
and layers of pleasure
are all around us!

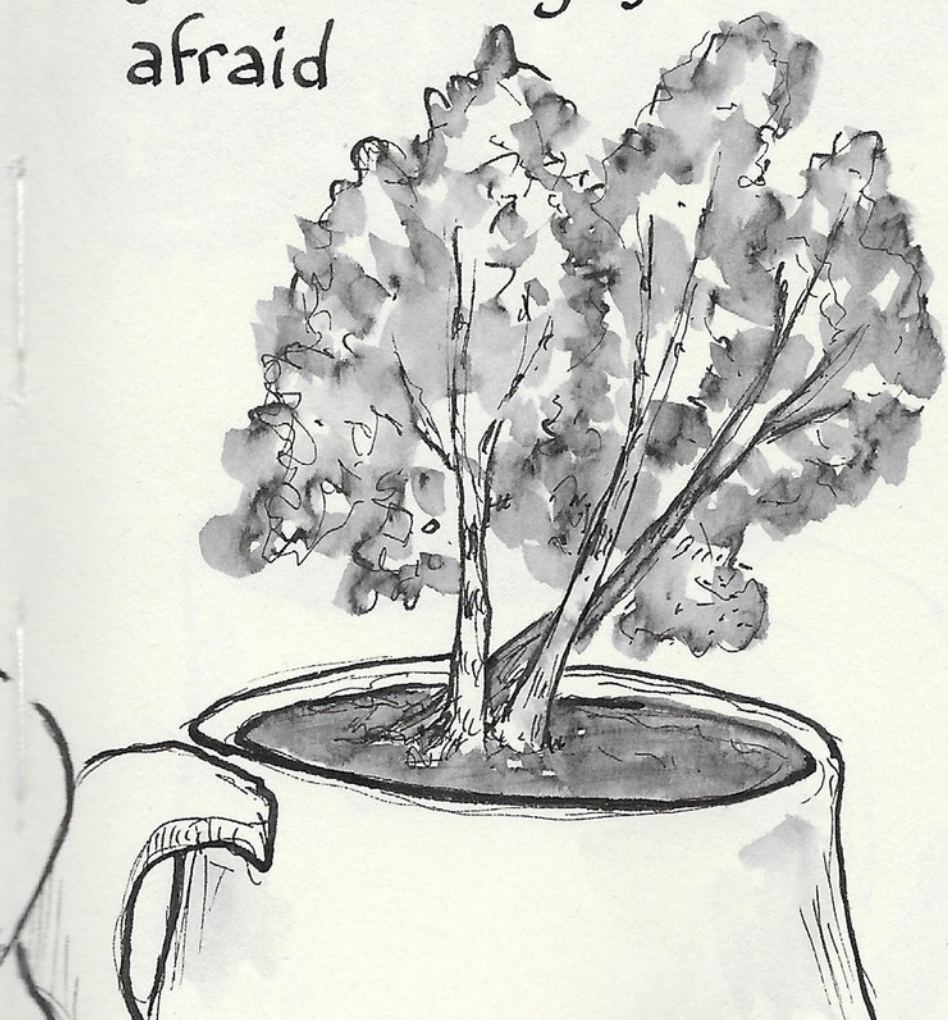
how lucky we are to
be able to simply see,
hear, taste, smell ...

if only we can remember
to notice and enjoy!



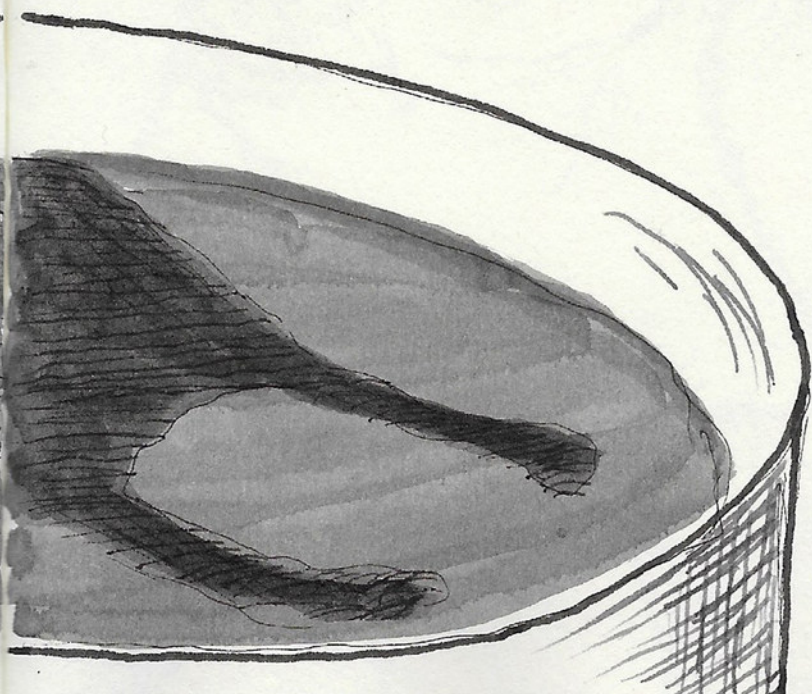


how satisfying it is to
stay calm and steady
when someone expects
you to be angry and
afraid





when you're able to
see beauty, love and
kindness in the world
you can more easily see
beauty, love and kindness
in yourself... and vice-
versa





remember your
humanity and
forget the rest





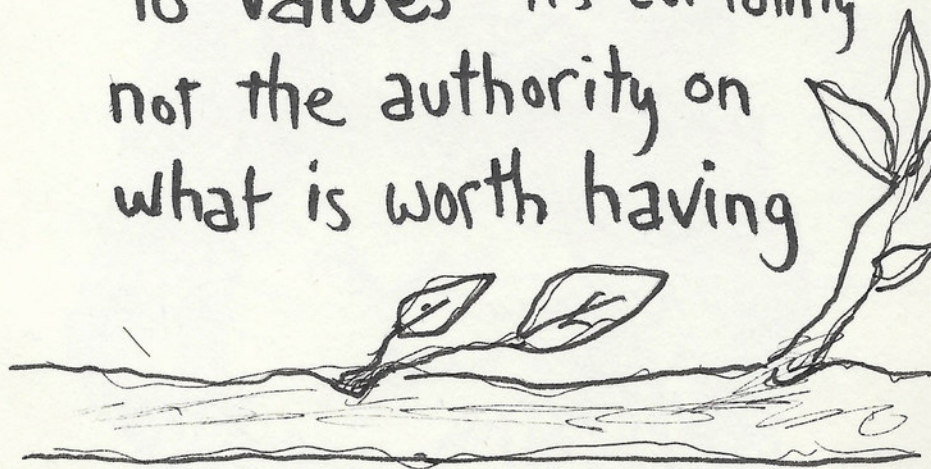
where we direct our
attention shapes and
focuses our experience
of the world - then
our subsequent experiences
are what we choose to
pay attention to...

attention leads to
experience which
leads to attention ...

(Dr Bob's 'you get "more" of
what you focus on')

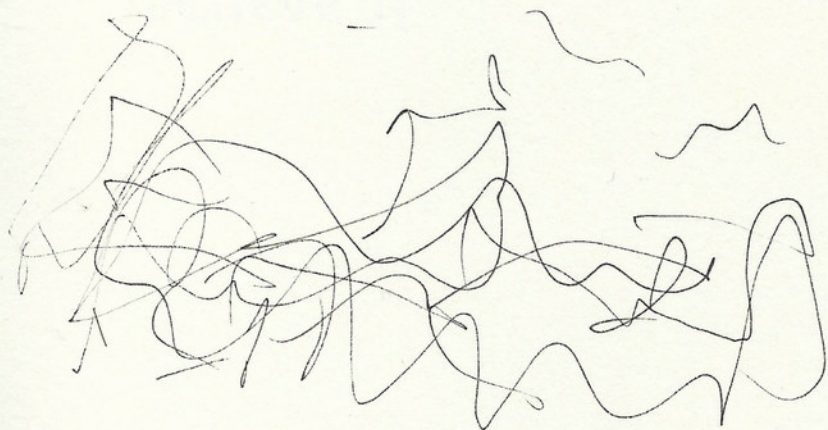


ignore what other
people think. money
pays bills it doesn't
create happiness or
move our spirits so
stop thinking money
(or the amount of it)
has any relationship
to values - it's certainly
not the authority on
what is worth having





life is not a video
game with a score
to be ranked at the
end ... it is much
bigger and more
meaningful than that





love is just as
practical as a
coffee grinder





my happiness is my
defiance

my joy is my act of
dissent

my love and friendship
is how i'm fighting
injustice

my caring is how i
actively express my
hope for the future



it is up to you to
become more ethical
more kind than the
family or society
you grew up in

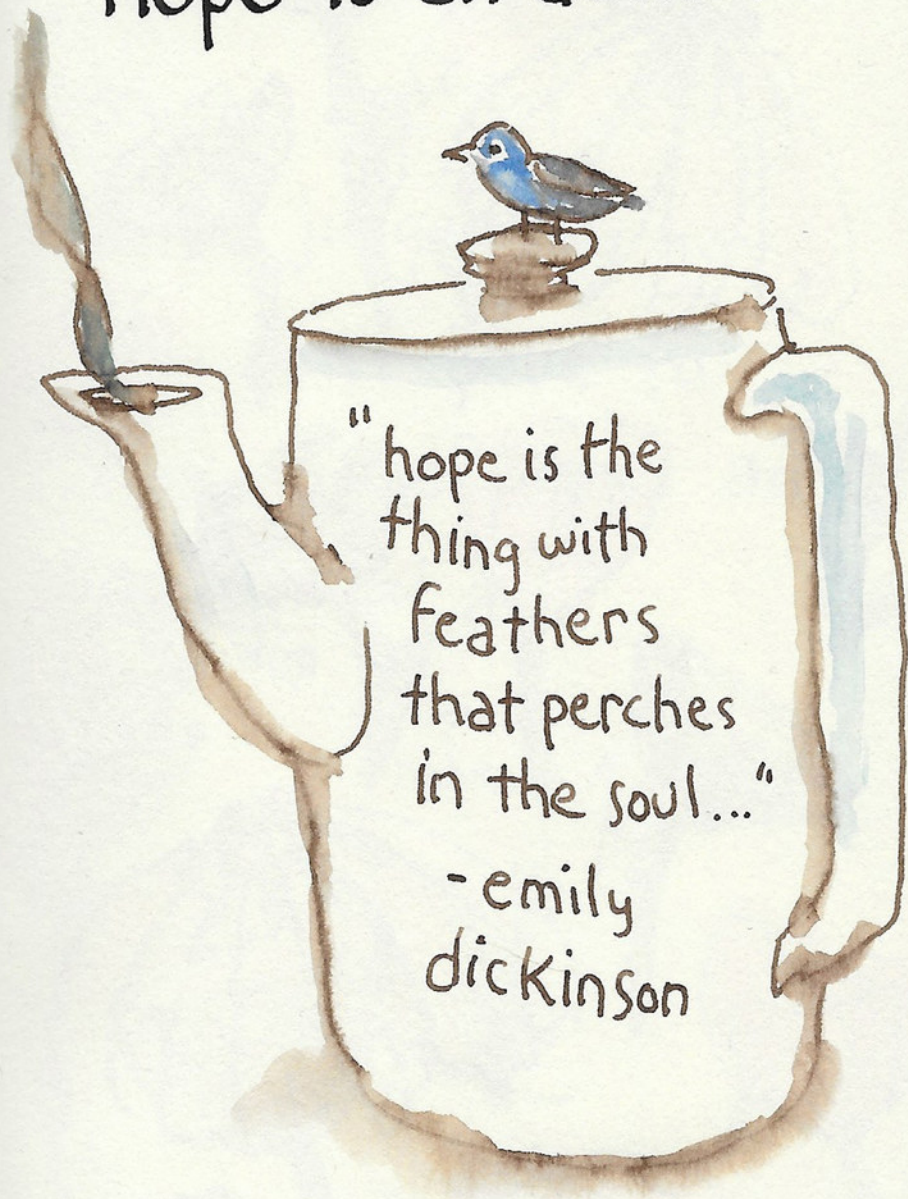




optimism and hope are
not principally an analysis
of reality. it's an ethic.
optimism and hope are
not feelings they are
actions and moral
postures to guide our
actions. this isn't denial
of reality or rosy thinking
it's a plan, a way forward
and a way of fighting
back



hope is an action



"hope is the
thing with
feathers
that perches
in the soul..."

- emily
dickinson



every bit of beauty
and kindness is a
protest against
authoritarianism.

the purpose of art
is to help us see the
beauty and kindness
around us - and connect!

there's no greater
threat to authoritarianism
than humans seeing
beauty and connecting



the point of life
is the living
not the dying





be gentle with yourself.
things like food or
belongings or phone
calls don't have to
have moral weight or
deeper meanings.

~~the~~
~~the~~



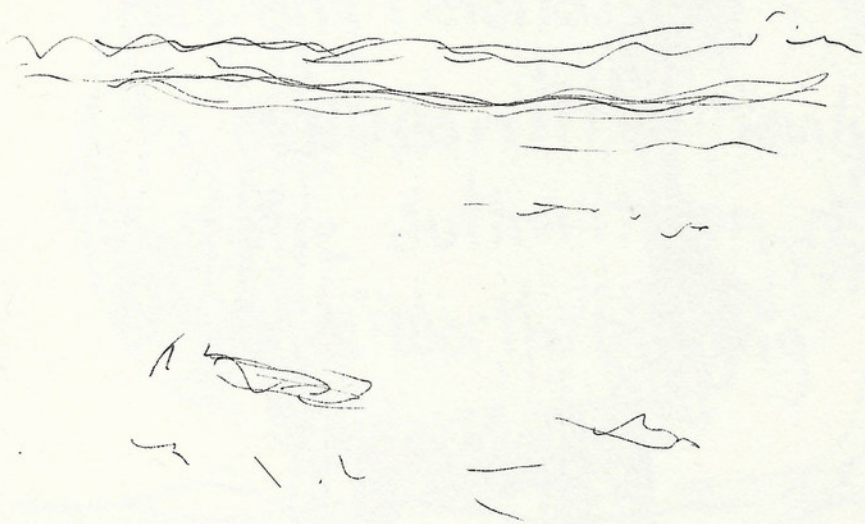
don't just sit there
feeling shitty get up
and do something *

* you may still feel shitty but
the laundry, the dusting, the...
will at least be done. if you
still feel shitty text a friend...



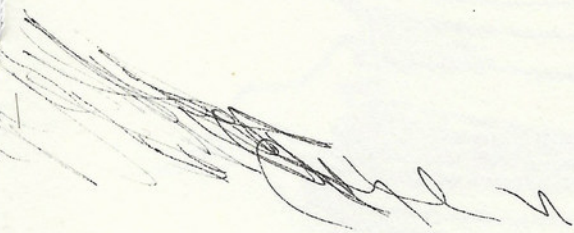


it's your life so do
the things you love
be around people and
places you love - do
often whatever makes
you glad you're alive!





When you see someone eating, wearing or doing something you would not choose - instead of saying (even to yourself) something critical practice saying "I'm glad they're enjoying themselves"





fostering hope
and joy in as many
ways we can is our
most important task





ethics is an
ongoing process
not a one-time
event





EVADE THE TRAPS!

EVADE
THE TRAPS!

NO!

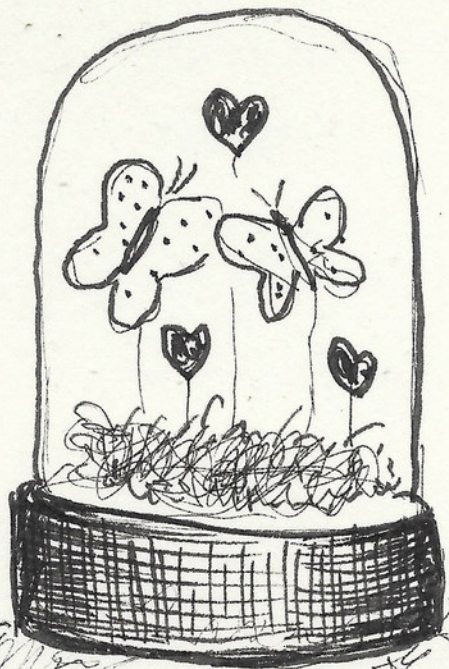
don't give in to
cynacism or pessimism
that's how the bullies
win because then you
won't do anything to
change the world
so maintain your
hope and joy





we are the librarians
and museum curators
of the things in our
hearts and minds



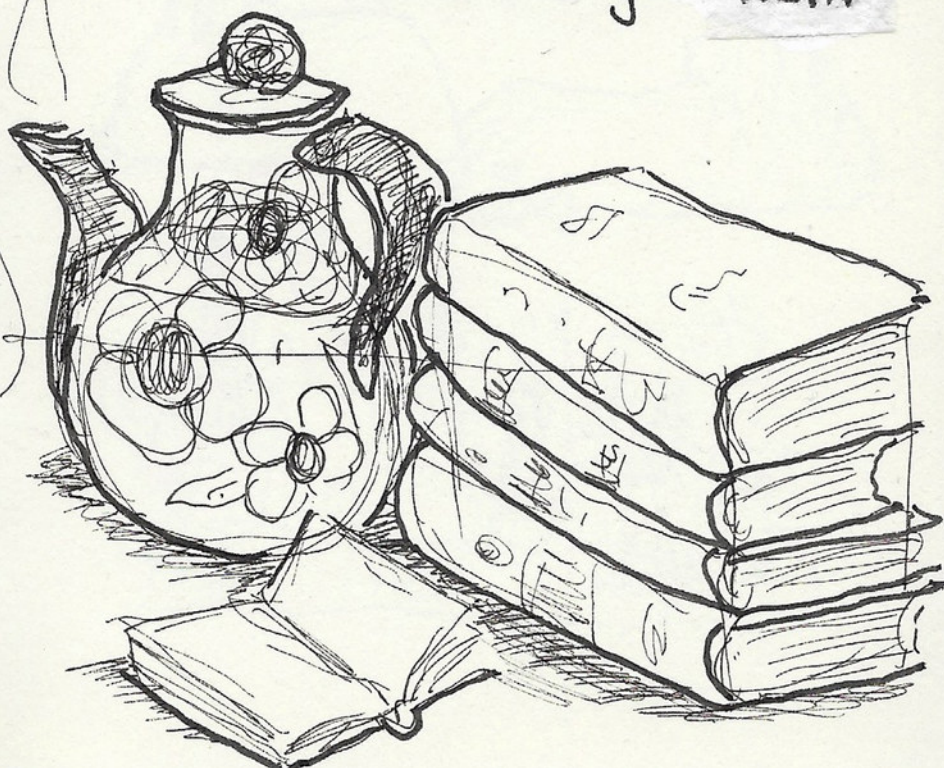


as an adult i can
do whatever i want
- including caring
about other people





practice thinking in terms
of abundance rather
than lack, in terms of
what is possible rather
than what isn't, in terms
of what you already have
rather than what you want





you don't just drift
into community, it
doesn't "just happen",
community requires
everyone working
together, making choices,
deciding that this is
what they want... every
single day.

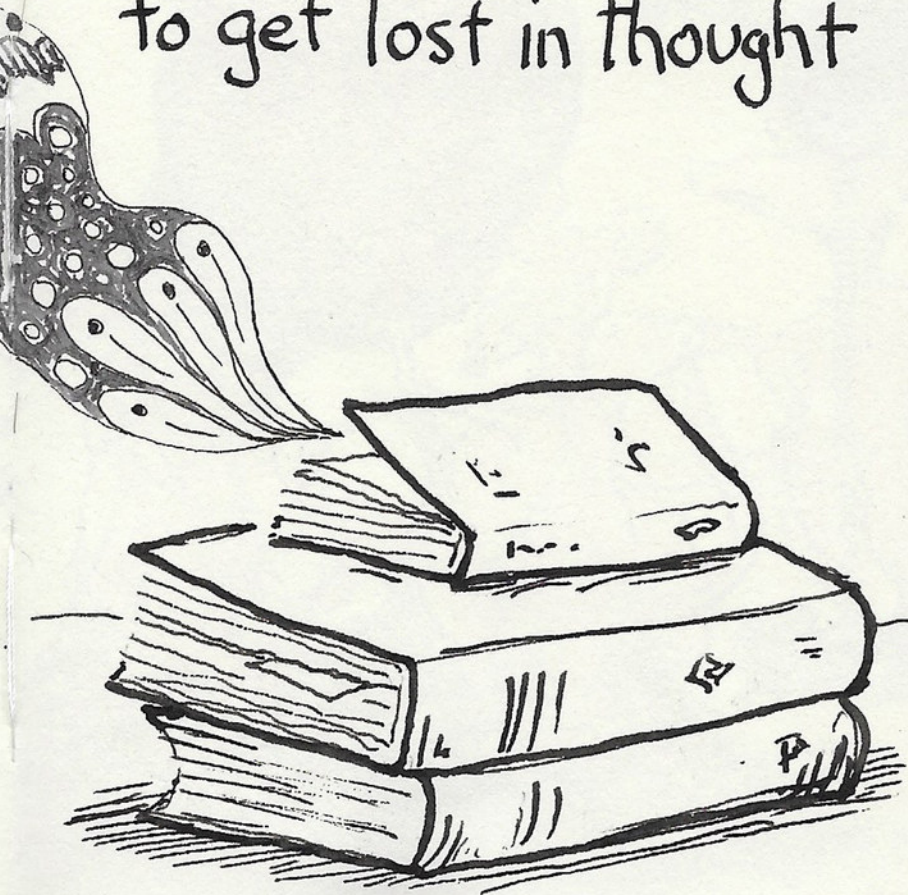








being human is not about
figuring things out or
being perfect, our job
is to love, to imagine,
to get lost in thought









Love is not just a
feeling it's an action,
it's a choice, it's a
commitment. you can
choose to love people,
or books or animals or
anything and choose to
do the loving based on
who you are instead of
waiting to be inspired by
someone or something -
you can choose to act
in love,

choose love

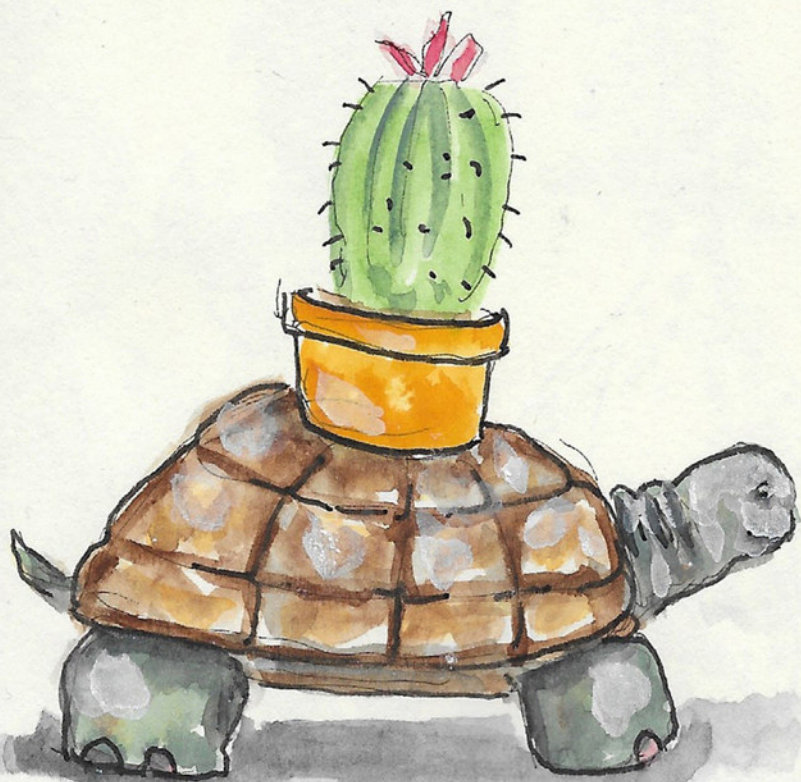


just be a regular
human being using
the skills and knowledge
you have to help others
understand, be their
best selves and be fully
human too... do this while
accepting the limits of
your own self even as you
stretch against those
limits. this is being
alive while human.



too often we saddle
our present and our
future with our emotional
judgments about our past.

be here now.





being kind, generous,
hopeful and thoughtful*
is a protest against
war, abuse, hate and
cruelty ... such dispiriting
elements consistently
lose and we win every
time we keep up our
spirits.

*and creative



we pay attention to
what we love so that
we don't get lost





to have a good day
one pays attention to
ordinary "little" things,*
doing them well and
REPEATEDLY thus creating
a set of habits, a system,
consistent over time. While
it doesn't guarantee a
good day it gives you
a probable good one.

* "LITTLE" THINGS LIKE EATING,
SLEEPING, SPENDING TIME WITH
FRIENDS, BEING OUTSIDE, HAVING
A HOBBY/INTEREST TO PURSUE,
EXERCISE, REST, BREATHE





Here's space for your own coffee spirits
aka thoughts - please use them and
then get yourself another notebook.
This world needs you and your original
thoughts.

