

## What did you do today?

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First visit to the VIC since Covid. My masseur contacted me to let me know that she is permitted back into the Vienna International Centre.

This is a summary of events of the last few days. Impossible to give a comprehensive report about any one event when I am attending so many. Tuesday alone I was in 7 meetings.

My goal is to contribute to a project once a week with generous compensation.

My reality is I am in many projects each day with spiritual compensation.

So of course, my philosophy is that abundance is beyond financial figures. I'm listening to Bob Proctor and he's quoting the laws of compensation. He's talking about money, and I think I already referred to my thoughts on what women and mothers earn.

Today I made it back to the VIC for the first time since the Covid Pandemic. I wasn't even keen to go, but figured it was time to [get moving](#) and let things start happening. I'm raising my frequency in tuning in to what's possible and what's good and what I want, so all the "stuff" circulating in the media and in many social circles is of no relevance to me.

My towel was still stored away in the cupboard where we left it after my last massage. My therapist was overjoyed to see me. It was the genuine joy of meeting like minded people and sharing on a particular vibration.

I admired the new entrance to the Rotunda with the automatic opening doors replacing the old rotating doors. The signs of the four major organizations were printed into the glass. Then I also noticed that an office had been removed to make a direct passage to an outside garden area across from the cafeteria. There was lavender and echinacea growing out there. I did not try the doors in case I set off an alarm.

It was probably one of the last warm days of the retreating summer. I met a couple of former colleagues on the plaza and caught up on some of the developments since my departure. I even met a new colleague in person whom I had already had contact with via email for Women in Nuclear.

They asked me what it was like not working there anymore. I told them it was all true what they say about retirees that you don't know how you had time to work with all the other activities. I pointed out that my first year I was busy with my knee surgery, and I've spent the last year in recovery. Nobody told me it would take two years to recover from double knee replacement surgery. I focus on the improvement and am definitely more mobile than I was before the surgery.

Yesterday Josef and I attended a meeting of concerned individuals about living our life of faith in a practical way. It was all so deep and confidential. We are so committed to working on our own relationships. We invest daily in rituals and study together and it really pays off.

On Tuesday I had my typical busy Tuesday with one meeting after the other. It would have been impossible to attend so many meetings in person. The computer and zoom are the vehicles and I use my data base to keep track of all I'm doing.

So I come to the conclusion that I really should post more regularly simply because I want to tell you so much more. Yet I don't want to regurgitate old news and I want to get some decent sleep.