

February 2024



# What is Holding us Back?

## The Awe and Weight and Wonder of Rocks

Presented by Stop Breathe Believe® & Dianne Morris Jones

Photo taken on Balanced Rock Hike, Big Bend National Park, Texas.

# Questions About Rocks

By Roger C. Jones

Is there anything as common and unique  
as a rock?

How can a rock range from a grain of sand  
to the monolith El Capitan?

Is it true that there's more molten rock  
in the earth's core than  
there is water in the oceans?

So rocks might be metamorphic,  
metaphoric, or both?

Rocks are used to build forts  
against marauding invaders,  
to build bridges and  
roads to advance civilization...

but sometimes rocks are brandished and thrown  
by angry crowds, like  
those leading to St. Stephen's death—  
his final words  
a plea for the murders' forgiveness.

O the majesty & mystery of rocks...  
they have much to tell,  
and  
they remember.



From tiny little hands holding a wet river rock – to the awe, majesty and grandeur of rock formations on a hike – how can we look at rocks in a new way?

And sometimes in our lives, problems and fears can feel as huge as the largest mountain ranges.

At times, obstacles are part of our reality and we must learn to accept them.

At other times, we allow the metaphorical rocks in our backpacks to weigh us down, making our load so heavy that we struggle to move forward with our dreams, our desire for growth, our aspirations. How is it that we can look at those rocks differently?

If we unpacked this backpack and carefully examined its rocks...what might we find there? Fear? Insecurity? Not enough? Uncertainty? Loneliness? Health issues? Worry about others' perceptions? Complacency? Regret? Emotional exposure? Distrust?

What is hanging over you, weighing you down? What is getting in the way of your journey?

What is holding me back? is a question I often ask myself.

I invite you to join me this month in seeing rocks in a new way...as beauty, as remembrance, and as prompts for reflection.

# DAY 1

What is holding me back?

“There will always be rocks in the road ahead of us. They will be stumbling blocks or stepping stones; it all depends on how you use them.” – Friedrich Nietzsche



Photo taken at Poage Lake, Colorado.

# DAY 2

What is holding me back?

“No matter how sophisticated you may be, a large granite mountain cannot be denied—it speaks in silence to the very core of your being.” – Ansel Adams



Photo taken at Yosemite National Park, California.

# DAY 3

What is holding me back?

“Stand through life firm as a rock in the sea, undisturbed and unmoved by its ever-rising waves.” – Hazrat Inayat Khan



Photo taken in Bermuda.

# DAY 4

What is holding me back?

“We have forgotten what rocks and plants still know – we have forgotten how to be – to be still – to be ourselves – to be where life is here and now.” – Eckhart Tolle



Photo taken at Big Bend National Park, Texas.

# DAY 5

What is holding me back?

“May your character not be a writing upon the sand, but an inscription upon the rock.” – Charles Spurgeon



Photo taken at Everest Base Camp Trail, Nepal.



# DAY 6

What is holding me back?

“In matters of principle, stand like a rock.”  
– Thomas Jefferson



Photo taken at Yosemite National Park, California.

# DAY 7

What is holding me back?

“It is necessary...for a man to go away by himself...to sit on a rock...and ask, ‘Who am I, where have I been, and where am I going?’” – Carl Sandburg



Photo taken near Merced River, Yosemite National Park, California.

# DAY 8

What is holding me back?

“Geologists have a saying – rocks remember.” – Neil Armstrong



Photo taken in Nepal.

# DAY 9

What is holding me back?

“Don’t be a hard rock when you really are a gem.” – Lauryn Hill



Photo taken at Possum Kingdom Lake, Texas.

# DAY 10

What is holding me back?

“A rock pile ceases to be a rock pile the moment a single man contemplates it, bearing within him the image of a cathedral.” – Antoine de Saint-Exupery



Photo taken at Middle Fork of Flathead River, Glacier National Park, Montana.

# DAY 11

What is holding me back?

“As long as I live, I’ll hear waterfalls and birds and winds sing. I’ll interpret the rocks, learn the language of flood, storm, and the avalanche. I’ll acquaint myself with the glaciers and wild gardens, and get as near the heart of the world as I can.” – John Muir



Photo taken at Yellowstone National Park, Wyoming.

# DAY 12

What is holding me back?

“...gentleness is stronger than severity,  
water is stronger than rock, love is  
stronger than force.” – Hermann Hesse



Photo taken of Snoqualmie Falls, Washington.

# DAY 13

What is holding me back?

“The brook would lose its song if we removed the rocks.” – Wallace Stegner



Photo taken of Colorado River Trail, Colorado.



# DAY 14

What is holding me back?

“Very little grows on jagged rock. Be ground. Be crumbled, so wildflowers will come up where you are.” – Rumi



Photo taken in Crater Lake National Park, Oregon.

# DAY 15

What is holding me back?

“Everything changes, even stones.”  
– Claude Monet



Photo taken in Creede, Colorado.

# DAY 16

What is holding me back?

“There is life in a stone. Any stone that sits in a field or lies on a beach takes on the memory of that place. You can feel that stones have witnessed so many things.” – Andy Goldsworthy



Photo taken at Dana Point, California.

# DAY 17

What is holding me back?

“We can choose to throw stones, to stumble on them, to climb over them or to build with them.” – William Arthur Ward



Photo taken at Prairie Creek, Richardson, Texas.

# DAY 18

What is holding me back?

“Leave no stone unturned. Deeply explore the beauty of your life.”  
– Neil Gaiman



Photo taken at Lake Marie, Snowy Mountains, Wyoming.

# DAY 19

What is holding me back?

“The foundation stones for a balanced success are honesty, character, integrity, faith, love and loyalty.” – Zig Ziglar



Photo taken at Sabinal River, Washington.

# DAY 20

What is holding me back?

“Stones are mute teachers; they silence the observer, and the most valuable lesson we learn from them we cannot communicate.” – Johann Wolfgang von Goethe



Photo taken at Crystal Caves, Bermuda.

# DAY 21

What is holding me back?

“Without stones there is no arch.”  
– Marco Polo



Photo taken in Sierra del Carmen over arch in Big Bend National Park, Texas.



# DAY 22

What is holding me back?

“I alone cannot change the world, but I can cast a stone across the waters to create many ripples.” – Mother Teresa



Photo taken at Middle Fork River, Glacier National Park, Montana.

# DAY 23

What is holding me back?

“The man who moves a mountain begins  
by carrying away small stones.”  
– Confucius



Photo taken at Dana Point, California.

# DAY 24

What is holding me back?

“Write today’s worries in sand. Chisel yesterday’s victories in stone.” – Max Lucado



Photo taken at Huntington Botanical Garden, Pasadena, California.

# DAY 25

What is holding me back?

“I believe in beauty. I believe in stones and water, air and soil, people and their future and their fate.” – Ansel Adams



Photo taken at Crater Lake National Park, Oregon.

# DAY 26

What is holding me back?

“A stumbling block to the pessimist is a stepping-stone to the optimist.”

– Eleanor Roosevelt



Photo taken at C Street Beach, Ventura, California.

# DAY 27

What is holding me back?

“The finest workers in stone are not copper or steel tools, but the gentle touches of air and water working at their leisure with a liberal allowance of time.”

– Henry David Thoreau



Photo taken at Hoh River, Hoh Rainforest, Olympic National Park, Washington.

# DAY 28

What is holding me back?

“Even a stone, and more easily a flower or a bird, could show you the way back to God, to the Source, to yourself. When you look at it or hold it and let it be without imposing a word or mental label on it, a sense of awe, of wonder, arises within you. Its essence silently communicates itself to you and reflects your own essence back to you.” – Eckart Tolle



Photo taken at Lake Kemp, Nana and Grandy's Adventure Trail, Seymour, Texas.

# DAY 29

Roger and I want to thank you for following us! We love sharing our adventures with you!



Photo taken at Mirror Lake, Snowy Mountains, Wyoming.