# Walk About - Yucatan-Mexico - 1/14/2016

#### **Contents**

Cancun & Isla Mujeres -1/14/16	1
Merida 1/20/16	22
Tulum-1/28/16	51
Cozumel -2/2/16	63
Bacalar-2/8/16	72
Playa del Carmen -2/12/16	84

#### Cancun & Isla Mujeres -1/14/16

#### Spinning Inwards, A Journey

Trapped in the harness of an automated Mind I met others on a journey of a different kind; Travelling metaphorically from place to place We are joining the dots and creating more space.

Hidden signs emerge whilst leaning in Onto bones and muscles protected by skin. The end destination remains unknown But I feel more relaxed and sort of 'at Home'.

The Path has many diversions, twists and turns
And at times this activates an anxious concern;
"Fasten your seat belts, looks like we're speeding up
And don't forget to Breathe, then you can't screw up".

The brakes kick in automatically if you're uber-scared, Though really bad accidents are extremely rare: The key to safe journeying can generally be seen In the ability to find, and rest in the in-between.

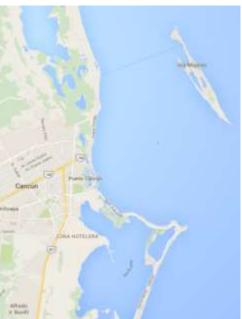
When you think you've mastered a particular "technique" Something different happens and you can feel like a freak. Feeling like a freak, I dare dive In and explore Realizing, actually, I'd like to do this more.

Hmmm, may as well relax and simply let go As you just can't tell and you'll never really know; Revisiting places you've already been The scenery looks different, somehow more serene.

The Journey is chaotic, a bit of a mess So I contemplate letting go of "doing my best'. There appears to be no beginning and no real End To what is set in Motion between good friends.







### 1/14/16 - Thursday

Flights were uneventful. Arrived at the airport and it was raining Notes: exchange rate at airport was 14. At casa camion It was 16.5. At Walmart it was 17. Hotel zone 18.5.

Was hard to find the airbnb. The collectivo couldn't Find it. Owners (Sandra & Andrea) are very nice. Was \$67 for 2 nights.

Had a nice dinner. Carne in their own juices.



Booked a tour for \$40. The sign said \$108.

### 1/15/16 - tour of Chitin Itza

- 3 types of sinkholes
- 1. Completely open
- 2. Partially open
- 3. Completely covered -caves

No rivers above ground, they are underground.

Mayan town -Valladolid 15 min. Saw a church.



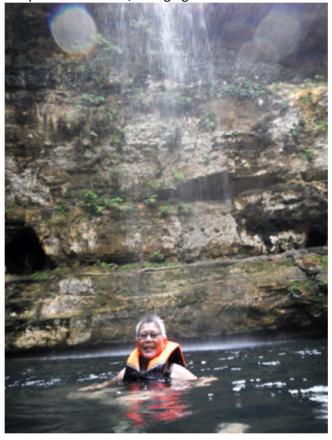
There were Mayan selling things. They are a very distinctive looking people.





Stopped at Cenote Saamal.

They had bathrooms, changing rooms and lockers. Life preservers were required for \$1USD. Entrance was 50 peso.





ChiChenItza



Outside temple 91 steps x 4 sides is 364 plus top is 365. Inside temple has 70 steps x 4 = 280 days of gestation. So about fertility and the sun and the seasons.



This cenote was used for human sacrifices.

Bought Merle's present at lunch place. Love the Mayan hieroglyphics.







Guy came on bus. Gave us a taste of his alcohol then passed out bottles of the alcohol that we could buy for S20 with our pictures on it that they took when we got off the bus in Valladolid. One of the best marketing gimics I've seen.

### 1/16/16- Saturday - going to Isla Mujeres

Taxi to Puerto Juarez was 50 pesos.

Round trip ferry ride was 148 pesos. Put my backpack at the back of the ferry.

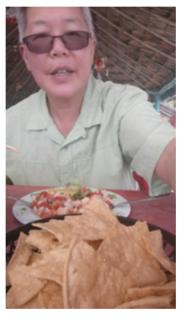
Ferry ride was beautiful. They had live music on ferry. A guy singing with a guitar. I was anxious about finding the hotel but was relieved that I could see the hotel D Gomer from the boat.





Check in was easy. Went to room 201 which is really on the third floor if you count the ground floor. Was \$176 for 4 nights.

Headed out to check out the town. Was more honky tonk then I expected, but was really quite typical of Mexican tourist area. Shops and food. I actually like it. Found a restaurant -Valesques, and bought cerviche and a coconut drink. Both were good. After drank the coconut liquid she had the coconut opened and cut the meat out for me (150 pesos).





Walked and found north beach. The sand is so white and fine that it is hard to get off your skin and clothes. No wonder people rented the chairs. Walk along the beach and through town. Got hot so headed back to hotel to change and go

swimming. Forgot to put everything in my water proof bag. Got my purse soaked. Was fine except for my return ticket. Hope they still take it.

Swam for a while. Water was warm and very comfortable.

Started to feel real lonely. Beach was crowded and it felt like I was the only one alone. There wasn't any one to talk to or engage with.

Walked back to room, took a shower and did some laundry.

Went out for dinner and got grilled conch. Very good. There was a sweet man singing.



Got back to hotel and went to lounge area to use wifi. Met Susan and Clark(?) From outside Philly. Went back to room. Was feeling very lonely and discouraged. Was feeling like wanted to go home. Watched good dragon movie.

#### 1/17/176 - Sunday

Got up and headed out around 9:30am. The streets were quite than I expected. Went to Noth beach and did some Tai chi. Forgot the part- fair maiden works the shuttles. Goes to show how out of practice I was. Felt good to focus my mind on that.



Walked along north point and found a cemetery. Went in and walked around. Was able to read some of the inscriptions. Was sad but sweet.



Then found a Mercado and walked in. Had some food booths. And even though I wasn't planning on eating yet, decided to have breakfast because it was real local. Saw a woman sitting along and asked if I could join her. Her name was Rebecca originally from Boston, then LA. She had travel alone too and was now living here. She did Astrology readings and lived off her social security. She was very accepting of my walk about and supportive. Felt like things were coming together with my journey. I was living in the moment, going inside and doing what I wanted. I stopped pushing and looking outside of myself. I remember some of the things I learned from Johnny. When I did this the magic started to happen. This is the lesson to remember.



Decided to rent a scooter (300 pesos) because it was to windy to go snorkling. Scooter was really fun, like when i use to ride the motorcycle.



Went to the Mayan ruins at south end of island. Enjoyed walking around there. Enjoyed the solitary feeling this time. To look at and stop on my own time table.

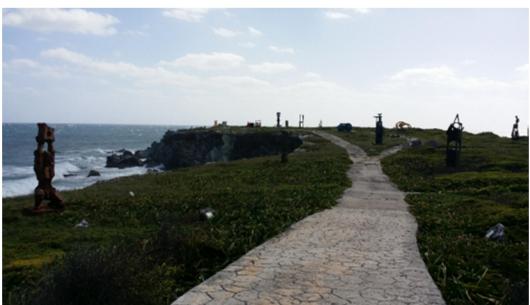
















Zoomed around streets to see what I could see. Felt a small amount of anxiety about getting list but it was such a small island that you really couldn't get list. But tried to let that feeling move through me. And explored despite the feelings.



Stopped at a beach on the far side of island and looked for shells. Again enjoyed doing exactly what I wanted to in my time frames. Was only disappointed that I couldn't take home lots of treasures.

Acknowledge in town at the nothing tip found a hotel/bar with music. The singer was pregnant and had her whole belly exposed. She sang and danced and was very sexy looking even being pregnant. A Latino women are caliente!



Returned the scooter and went back to hotel and hung in lounge to check phone. Met up with Kathy Walker and husband Michael (standing). Also Susan and Jim Summers (sitting). Chatted for an hour or so. All traveling for quite a while.



Went to dinner at Valezques again. Had fried fish (90 pesos ). Wasn't great just ok.



**Thoughts of the day:** something shifted for me. Felt in my own power today. Felt strong and happy. Getting in touch with my own rhythm. I stopped pushing to make thinks happen. Letting things evolve. Feeling the anxiety and not honoring it. Being aware then moving through it. Feeling greatly encouraged that this will be a great walk about.

### 1/18/16 - Monday

Thought of the day: I started the day wanting to repeat some of the things I did yesterday because it was such an amazing day. Wanted to go to that local market and get something to eat. But I realized that hoping to repeat what had happened in the pass, aka yesterday was another way of pushing. It isn't allowing the day to unfold the way it needs to. Pushing for a hoped-for result will only lead to disappointment. Allowing leads to new adventures. But if I'm not being aware for one second I slip into pushing. And pushing is also related to wanting to be comfortable. But allowing does not equal discomfort. Allowing is centering and breathing until there is clarity of what makes me happy. The question is how to operate in the world of allowing more than in the world of pushing? Somehow I have to learn and identify the feeling of pushing. Be aware of it then make new choices. Or maybe go to that centering / grounded place. There is an inherent requirement to slow down.

Even though it wasn't a perfect day and was a little windy I went snorkeling (\$400 pesos)



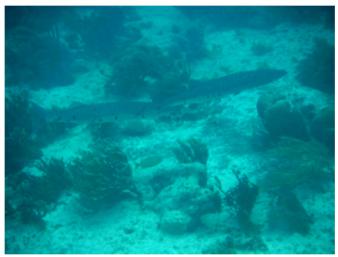
People on the boat. David from Spain. Also going to Cuba. I would like to go there some time.



Nicholas and Sarah from South Africa. Traveling for 2 months. Will go down to South America.



Cave



Barracuda







Garrafon Museum. I was looking forward to this but it was disappointing.



Holding a nurse shark. A little contrived but I liked it. The skin felt like sand paper.



Tour guides.

### 1/19/16 - Tuesday

My first day with nothing in particular to do. Decided to walk to the beach and do some Tai chi. Found a shady spot under the palm trees looking at the ocean and did 3 rounds.

On the way saw a man repairing his fishing nets and another group cleaning fish.



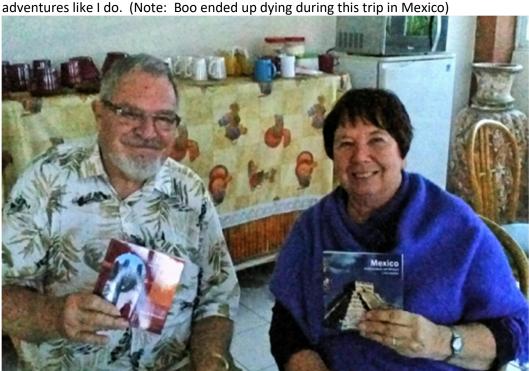




The weather wasn't suppose to be good but it was sunny for a while so went back to my room to get my snorkel gear and went to the Mia Hotel where there is a bridge over a lagoon. It might be the only close snorkeling spot that you don't need a boat. It was pleasant snorkeling there.

Walked along north beach to get home.

Met Anki & Boo from Sweden. She writes books about traveling to Mexico and has been here 10 times. She loves



Then went out to dinner at Macambos with Kathy & Michael. Will meet up with them in Merida. They will be staying at the Hyatt Regency.

**Thoughts of the day**: my spirits are high and my fear and anxiety are less at least in regards to going to Merida. But I noticed that today with no scheduled activities that I don't know what to do with the spare time. If I were home I'd play the flute. I spent time on my phone then watched a movie to kill some time. But I always have to be doing something otherwise I get bored which leads to depression. Does everyone stay constantly busy? I think yes they do. Then what is the alternative or us there one? And what does this mean? Something for me to ponder on.

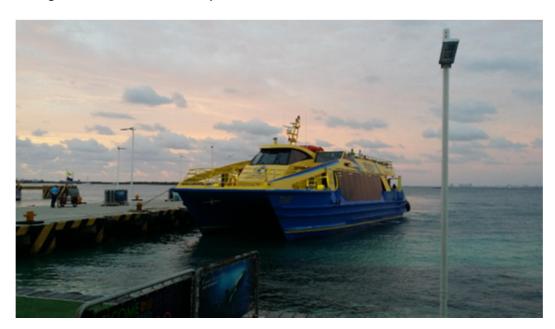
#### Merida 1/20/16

### 1/20/16- Wednesday

Beautiful morning sky.



Taking the 7:30am Ultramar ferry.



**Thought:** I checked the currency exchange. It is now 18+ to 1 \$USD up from 17. It's a reminder that everything is constantly changing. What happened in the past is not what is now. Good lesson to always remember.

Took ferry. If you take the taxi inside the ferry station it is \$100 pesos to the bus station. But if you walk outside the station it was 30 pesos.

Bus station was a little confusing. Ended up with an exclusive ticket for 440 pesos. Don't know how much other options were. But for such a long ride it probably is worth it.

First timed relied on my Spanish. Aware that I'm feeling a little overwhelmed and if I were by myself I would cry. But I did it!!!

I'm dying to tell someone of my success. What is it in me that needs to put that energy outside of myself?

The friends I'm making don't look anything like I anticipated. Interesting how are assumptions color our world and make it harder to see what is in front of you.

Hotel Nacional Merida - \$233 for 8 nights





## 1/21/16 - Thursday

Tour of Sotuta de Peon

















From Austin - Sandy & ?



He was 84 and worked on the Hacienda since 8 years old. He had the sweetest energy.



Cenote Dzul-ha means gentleman of the water













## 1/22/16 - Friday

Tour to Celestun today. Weather changed and winds kicked up so rather disappointing. But not tours fault.



Flamingos



Baby crocodile



### Iguana



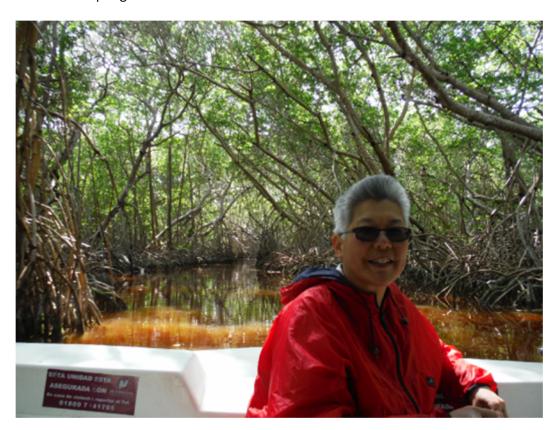
Egret



Termite nest



Fresh water spring





Mangrove tunnel

Went to Mayan ball game tonight.

Met some people there. Ron and Brenda on the right and the mother and son, Ben on left from Australia. I asked Ron & Brenda questions the 1st day I arrived. Now bump into them again.





Look at me surrounded by Mayan Guerrero troubadores.

### 1/23/16- Saturday

Went to the 9:30am free walking tour of the main plaza and buildings. Took lots of pictures of art and architecture.



Our guide reminded me of Johnny. There is an energy that I see and feel here in Mexico that Johnny has. It's an openness, friendliness, joyfullness, way of being. The smile, acknowledging people with the 'Buenos dias', slapping hands with his amigos every where he goes, it's a very engaging inviting way of being. I notice people have no expression on their faces but when you say hello they break into beautiful smiles.



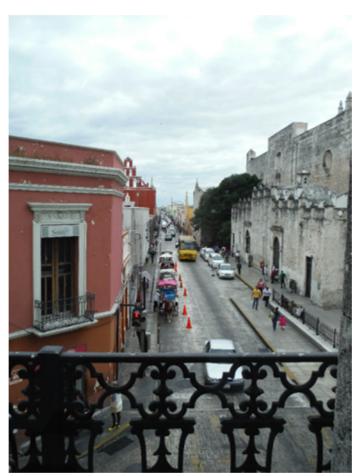
Grand Cathedral



Casa de Montejo



Governors palace



Calle 61 the street where my hotel is.





French architecture

Ate lunch on the square in the Olimpio. Saw a woman sitting alone and wanted to engage but I held back.

At dinner ate at an Italian restaurant and met Evelyne Charrier & Denise Daenzer - they are expats living in Chelem close to Progreso on the coast 30 km from Merida . How ironic that I was wanting to meet some expats to ask them about living in Mexico. And then it happened.



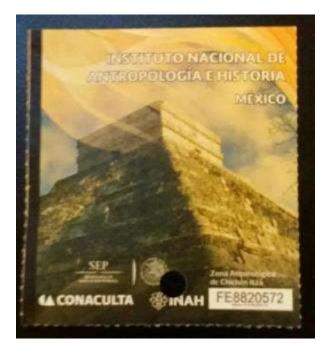
**Thoughts:** when eating or being alone in public it's easy to busy myself with my phone. The problem with that is it is extremely isolating. I have to resist the urge to do that. When I do then there is room for amazing human interactions to unfold.

After went to see noche mexicana.



### 1/24/16 - Sunday

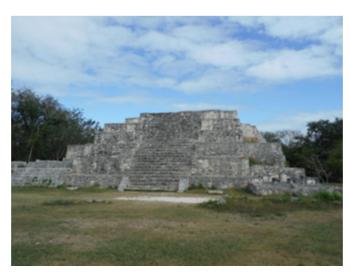
Romualdo picked me up at 9:30. Didn't know what to expect. Just tried to be in the moment. We went to Dzibilchaltun ruins and Xlakah cenote.

















Then we went to Progreso the beach town north of Merida.





We drove about 10 km down the road to Chelem a town with lots of expats. This us where Evelyne and Denise live. Wanted to check it out.



House on beach in Chelem. Had palapa on 3rd floor.



Brown Mexicano pelicans. The white ones are from Canada.



Got back to the hotel around 3pm. Relaxed for a while then went out to the plaza. I was pleasantly surprised to see all these booths and the streets closed. Apparently they do this every Sunday.





Walked around the square after eating and saw the police performing drumming then a mariachi band.





After I had gotten a free ticket to a string orchestra concert. Sat between 2 elderly people. I sat there then the man started speaking to me in english and the woman also started talking to me.

**Thoughts:** them talking to me reflected how isolated I get. People sitting right next to you and we don't even talk. Airplanes, waiting areas, etc. We go into our electronics and don't interact. Here they talk to you. They are still human. Very important lesson.

## 1/25/16 - Monday

Changed money today - rate is 17.35

Had a scare this morning. This weird guy who mumbled when he talked started following me this morning. I finally managed to sneak into my hotel after about 3 blocks. Didn't really think he would hurt me, I think he was more mentally ill. Had to shake off his energy.

Ate breakfast at a cart.



Walked thru the Mercado today. Bought fruits: bananas, mango, Mamey and Sapodilla, and yucca. The Mamey taste like persimmons. Researched it and is related to the persimmons.





Making tortillas.





Ate shrimp tacos here. They were amazing and only 10 pesos!

# 1/26/16- Tuesday

Went on tour to Uxmal & kabah. 2 other couples were with me.



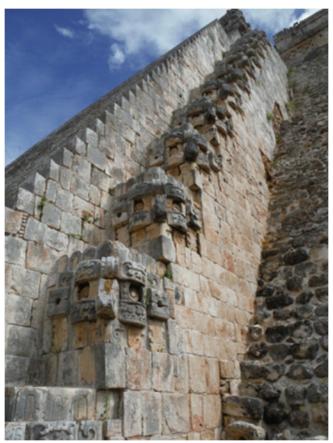
Susanne and Armondo (586 -604-0397) from Michigan. They are living in Cozumel. Will call them when I go.

Cozemel - money bar snorkling.

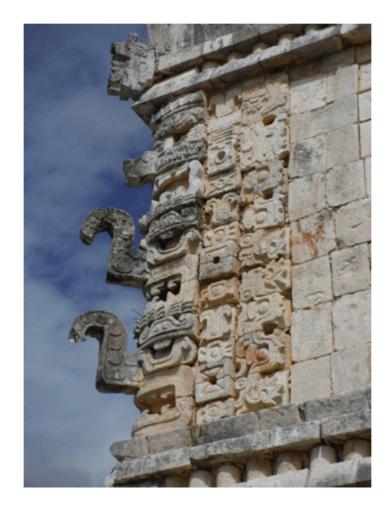
El morro- restaurant - avenida 75

The ruins were amazing.

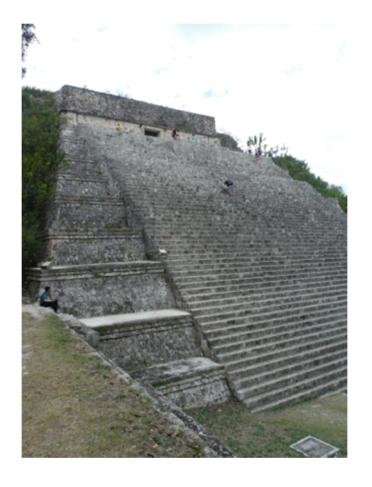




























## 1/27/16 - Wednesday

Went to the mercado. Ate 2 shrimp tacos and a mixture cocktail for 70 pesos. Wanted to buy some yucca for the bus trip but couldn't find any today.

Went walking on Paseo Montejo. Walked all the way to the history wall. Went to the Museum Canton. Walked 16,000 steps in the heat.

Rested in the hotel then went out to get dinner. Bought a huarache. Didn't know what it was but it tasted good.



#### **Thoughts:**

Pleased about how much I'm walking. Feel it's good for my body.

On the tour Suzanne started talking politics. She likes Trump. I could feel the horror and distain towards her when she said that. Now I need to make a choice to like her and keep open or shut down towards her. The good thing is the

awareness of the judgements. wrong too.	I don't want to argue or	persuade people to my beliefs.	They can and probably are

### Tulum-1/28/16

## 1/28/16 - Thursday

Went out to get breakfast and buy a tortas for the bus ride. Found a cart close by. Bought 2 tortas for 26 pesos. They were so friendly. Just love the Mexican people.



### **Thoughts:**

What do I think about travel and living as an expat?

PROS:

Water

Inexpensive

Beautiful

People are friendly

Adventure

Around people who like adventure and travel. That's a whole community in its self.

#### CONS:

Hot - I sweat a lot here

Not as much to do here that I like- ex music

If live in city like Merida it has culture but whether we can get hooked in or not

Language - can communicate but whether we'd ever get fluent.

Wouldn't necessarily move or own property. Rather stay in one place a couple of months.

Don't have the things that I have at home so when tired and not wanting to be on the move, not much to do. Don't have my projects. Projects seem to be important to me.

I worry about leaving the Whitefish home for to long empty. What to do about that?

Got to Tulum. Carlos picked me up at the bus station. Walked 3 blocks to the hous. Close and convenient. Was \$169 for 5 nights. The room and the courtyard yard has hammocks. This was my favorite thing about this place.





1/29/16 - Friday



Then off I went on my bike to the archeological site. Almost got lost because I expected a T in the road. Good thing I asked someone.

Paid 65 pesos to get in. Had a wonderful time wandering at my own pace and not at the time schedule of a tour. You could rent a personal guide for 1 hr at 550 pesos. But there were so many tour going on you could just stop and listen to an existing tour guide speak.

This is a ceiba tree. I've been wanting to see one and finally I did. Patients! It is a sacred tree to the Mayans. The roots represent the under world, the trunk the earth, the upper branches are heavens. The tree is green.

















What is particularly magical about this place is it is right on the beach.

I was sitting in the shade resting and a woman gave me her club sandwich. It was really good. The Mexicans make the best sandwiches.

#### Thoughts:

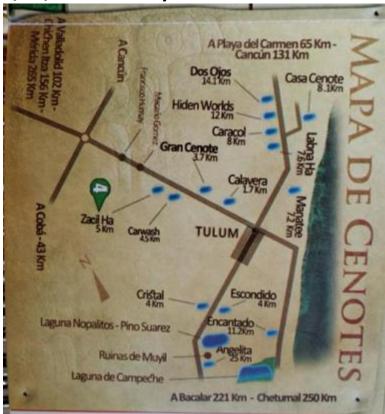
Enjoyed immensely the freedom to wander at my own pace. The energy felt delicious. Listened to the voice in my head about bicycle riding. If I'd be able to do it or not. Worrying about my strength and stamina. Also about getting list. So lots of wasted energy. But I did it.

Resting on the hammock. Feel torn about sitting and doing nothing. But I am really tired. Need to give myself a break. Noticing that I don't let myself stop and rest that I believe I have to be doing something every moment. This both physically and mentally. Even in rest my mind is going. Even in meditation you are actively not thinking. So what does resting mean?

It's fascinating how people can unwittingly affect you in profound ways. Two examples:

- 1. Tina Corbett said just go to Mexico yourself. I wouldn't have gone if she hadn't said that.
- 2. Those women said Bacalar was their favorite place. It was amazing how I already booked a place to stay and it fell through so I could change my plans and go to Bacalar. Also noticed how I felt disappointment in my body. Watching these events just fall into place. Feels scripted. And if scripted what happens when you don't follow the path? And this was the second time Bacalar was brought to my attention. First time by Jean Helps. Does the universe keep nudging you until you comply? So even thought there appears to be forks in the road, you always go down the path that you are meant to follow? Is that the same as lessons will repeat until you learn it and move through it? So resistance is futile.





Cenote mini map

Went to Gran Cenote today. It was about 3.7 km outside town. I was a little concerned about bicycling on the highway but it wasn't so bad. As I was going I realized I forgot my snorkel gear. Yes, the gear I've carried in my pack for 2 1/2 weeks now! I decided not to go back for it and just rent it. Sigh.

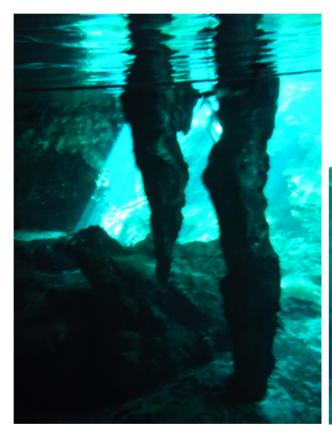
It cost \$150 entrance, \$80 snorkling gear, \$30 for the locker =\$260 or US \$16.















Was hanging around the lawn drying off. A tour guide had a plate of watermelon and pineapple. It looked so good and I wanted some. Then about 20 minutes later they gave it to other people because they didn't want to pack it up. I wonder if that is manifestation.

Yesterday it was a sandwich today watermelon. Humm.

After went to Calaveras cenote. Was very disappointed because it was closed today. If I knew that I would have stayed at the Gran Cenote for another hour or two. Wasn't meant to be.

#### **Thoughts:**

I'm astounded at how many of my friends in Facebook have been to the places that I've been going to. It's like I feel I'm the first person on the moon yet it's already been discovered decades ago and maybe even passay.

It's a reminder that my thoughts and feelings are all about me and my reality and nothing to do about the true REALITY.

I ate the mamey fruit 4 times and even though it is sooo delicious it is giving me a mild case of diarrhea. So no more of that. It takes me a while to give up some things.

## 1/31/16- Sunday

Today I felt more energetically relaxed and nurturing of myself. Stopped had breakfast out then packed half of the sandwich for lunch.

Went to Cristal and Escondido Cenotes. They were 4km down the road. It cost 120 pesos. They were more primitive ones with no lockers or facilities except bathroom and changing areas. They were open cenotes but both charming in their own ways. Went swimming in both.

Yesterday I researched them and reviews were mixed. But I'm glad I went and saw them for myself and formed my own opinions. Good lesson to remember. That was something when traveling with Johnny he wouldn't tell me anything so I would see for myself.





Bird on path





Cristal cenote





Cristal cenote

Escondido cenote





Jumped off this cliff with a swinging rope. It was there so I did it.





Jupiter playing his wood sax. Was sweet to here the sounds in the woods.

Was a nice time. People came and went and I chatted with them. There were Australians and Canadians.

Rode home at 2:30pm. Was hot and tired. Here's my treat.



2/1/16 - Monday

Had salbutes for breakfast.





Then rode my bike out to the beach. Stayed all afternoon. The Caribbean Sea has such beautiful blue and turquoise colors.



Met Barb Cates Pilkington & Bruce from Vancouver Island.



Met a woman from Italy.

Met a woman from Montreal. We met and had dinner - .Dominique Hubon

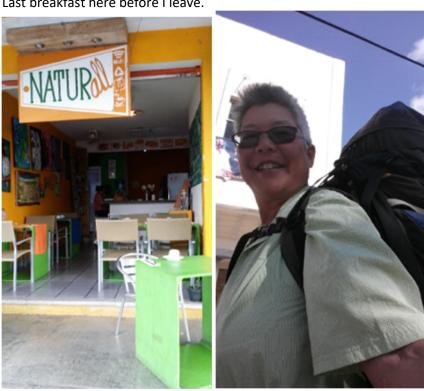


I'm noticing the people I'm meeting are from Canada, Australia and assorted other countries but not as many people from the USA. I'm kind of surprised at that.

Note: it's much easier meeting people on the beach. Also the travelers are more like minded.

I was pleased with how many people I talked with today. Was a very social day. This human interaction made the day go quickly and made me feel very upbeat. But people or no people I should feel good. What is the difference for me? Being with myself is comfortable but being with other people expands me. Opens me up to new thoughts and ideas. It circulates the energy which I love and crave.

Last breakfast here before I leave.



Carrying that heavy backpack. Still torn whether to take back pack or rolling suitcase.

### **Cozumel -2/2/16**

## 2/2/16 - Tuesday

Got the bus to Playa del Carmen then walked 2 blocks to the ferry station. Which I'm glad I asked because I would have turned left but it was to the right. Bought a ticket to Cozumel and off I went. Round trip was 245 pesos and took about an hour.

It turns out there are 3 different ferry companies. So buying a round trip ticket forces you to wait for a particular boat to leave. Better to buy 1 way tickets. It's the same price.

It was a rough ride. Some folks got sick. Good thing I had some snacks with me.

Arrived and had a hard time finding the airbnb. Started to panic a little. Things are in a different place so I don't always know where to look. This traveling where I don't know where I'm going just gives me so much stress. But I'm going to keep doing it until it doesn't bother me anymore.

Room:\$224 for 6 nights.



Funny behind these gates is a whole world.



The room is adequate. Bathroom is nicer then Tulum and in my own space. And it is in a convenient location.

Stopped and had a Pina colada and cerviche at casablanca. Talked with waiter Arurando. He had quite the story about getting deported from the US. Wanted to help him then pulled in my energy.

Thought: This is my walk about, the opportunity to experience life as it comes and not try to plan every moment. It's in the unexpected where the magic is.

Met up with Suzanne and Armondo for dinner. Went to Moro for dinner. Went by taxi (40 pesos). It was probably the best meal I've had. The energy of the family owned business was delightful. Also loved having the company.





# 2/3/16- Wednesday

Walking around. Ate a fish taco at a little shop.



Then asked a man where the market was to buy fruit. Bought mangos, watermelon and cheese.

When I got back a man asked if I was Chinese. I said yes and he spoke mandarin to me. Then tried to give me a Christian pamphlet. Weird.

# 2/4/16 - Thursday

Went to breakfast then went snorkeling again at the money bar. This is a place where the snorkeling tours take their boats. It has some of the best snorkeling around.











Saw lots of different fish and an eel. Also saw a small sting ray. We fed the fish fruit loops.

Met a couple from Seattle: Deanna & Ross Fraker Theamalgamcollector.com Seattle Dbfraker@comcast.net 206-550-4753 cell

They want me to do their website. Nice if that works out.

Went to Cielito Lindo for dinner last night. Was excellent in every way especially the presentation of the food. And just across the street from my room.





Then walked around the square. Bought a mask for Carnival.

# 2/5/16 - Friday

On my own today. Unfortunately the weather changed over night. Cooler, overcast and drizzly.

Ate lobster roll for lunch.



Walked along the Malacon.







On the way back stopped in a local bakery and got a flan for 15 pesos. While there met a couple from England: Jenny &

Tony painter.



# 2/6/16- Saturday

Today is carnival. Got a table by the window to watch the parade.

Caught some Mardi Gras beads. Gave it to a little boy. He looked at his mom to see if it was alright to take. She nodded her head then he broke into a big sweet smile. Wish I had a picture to capture the moment. I realized I had no use for them so gave it away. So there were two happy moments: when I caught it and when I gave them away. Another little lesson.



Suzanne and me.

The floats were quite elaborate.







2/7/16 - Sunday

Last day in Cozumel

I'm finding I don't want to go on canned tours.

Went for a walk. Met Jim,80, from Colorado in the plaza. Talked with him for 5 hours. When to a taco stand and had lunch. Interesting guy.

Back to room to rest. Then out again for dinner. Ran into a couple, Mary and Jim from Iowa, as I was trying to find a restaurant. We ended up having dinner together.

Then caught up with Suzanne and Armondo and said goodbye.

I'm getting to be an expert at talking and connecting with people. I wonder how it will work at home.

### **Bacalar-2/8/16**

### 2/8/16

Leaving Cozumel. Stood in line for the wrong ferry, then got pointed to the correct one.

Ferry ride was about 45 min. Arrived in Playa. Showed someone my ticket and I was at the wrong ADO station. The one I was supposed to be at was 6 blocks over and 3 blocks up. I had plenty of time but started to get anxious. Then he said to get on this bus and he would drop me off at the correct bus station. So I did.



At the correct bus station, I went outside and wandered around a little. Saw something that said abierrto so headed towards that, then saw a food cart. Bought a shrimp tortas and a chicken & cheese quesadilla to eat for 35 pesos. They were sweet and smiling. Just love them.

Also every time I retrieve my backpack they lift it up so I can put it on. Very grateful for that.

Met Phillis & Jim at bus station from Virginia. Will contact Phyllis when back on Playa.



Arrived in Bacalar. Got a taxi to the place for 20 pesos. Was easy to find. Room is nice. Cost is \$108. Sharing the bathroom with 4 people. Should be fun!



On the side of the house is an enormous mango tree. She said next month will have mangos. Darn I missed mango season!

Walked to town. Got some pasta for dinner. Needed comfort food cause I get a little overwhelmed when I get to a new place until I know my way around a bit.



Then walked back on 1st Avenue. Finally found the beach access.







**2/9/16 - Tuesday**Headed out at 9am. Found a little path and followed it to the water.





These are the garbage pickup areas. They are off the ground so animals can't get to it.



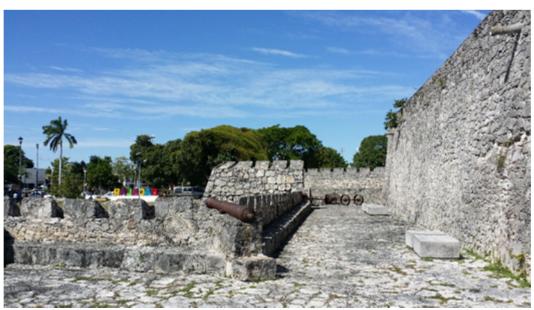
Found the public access to the beach. It was beautiful. Met Rimi. We chatted in Español for a while. I understood most of what he said. Yeah.



Went to the museum Fortress of San Felipe

The signs were in English and Spanish so I read the Spanish to practice. I'm understanding about 30%. So getting better.





Saw a picture I liked. I like the colors and it is happy.

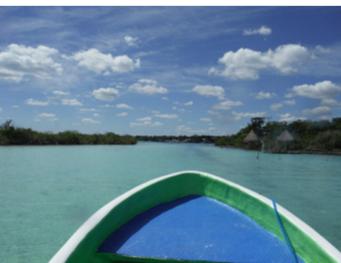


Finally got on a boat tour. Was suppose to be 200 but ended up being 250 pesos. Not sure what happened.



















At canal de piratas, I fell off the boat and scraped my foot. So much for trying to be careful.

After boat ride sitting and drying off. Met Sue and Dave Thomas from Estes Co,who know Kelly Talsma. Small world. They are professional hous sitters. Many ideas on this trip.



2/10/16 - Wednesday

Went to cenote azul with Laura Goldin who is the other airbnb person staying at the house.













The cenote was pleasant but not as magnificent as some of the others. This one was 90 meters deep. On the walk home saw lots of stray fruit trees.





2/11/16 - Thursday

'Lady day walking around and hanging at the laguna.







**Thoughts:** I'm finding it a little sad that I meet all these people and odds are will never meet again. I guess I get attached. I also don't like when the Tibetan monks destroy their sand mandalas. I must be big on attachments. Maybe life is about the people that come into your life at the moment to fulfill that moment and nothing more. Each new moment brings you new surprises. When you let go, that concept can be quite lovely.







## 2/12/16 - Friday

Feeling that my vacation is coming to a close. I always get anxious towards the end of my journey. How can I do that differently? It's the thinking into the future and not being in the now that causes stress.

Had trouble finding the airbnb again. Next time I have to remember to get house number and cell number.





Met Sylvia who is staying at Glorias for 2 months. We decided to go out to dinner at Patanegra, a Spanish restaurant, and have Paella.

## 2/13/16 - Saturday

Had a great morning. Gloria invited me to breakfast. We ended up talking in Spanish with her and the other residents for 2 to 3 hours. Even with my bad spanish I was able to participate.

Gloria, David (husband), Corine (from Sweden)



Hung with Sylvia all day. Stop at a car for breakfast. Great people and good food.



Stopped at the zocalo and saw these flyers. The hand sewed all the beadwork themselves.





Then went to the beach and swam.





The evening was filled with eating: tacos from a stand, Thai food that was disappointing, tiramisu. Fun day with fun person. Walked 6 miles.

### 2/14/16 - Sunday

Te Quiero Mucho. Valentine's Day in México.

Went swimming but felt a little lonely.

Met up with Phyllis Earley, had a great time and conversation with her. Again feel a little sad that these are in the moment connections and that we probably will never meet again.



She has cancer. She's a methodist minister. We had deep conversation. It's harder in the US to talk so deeply so quickly. So how do I do this when I'm home?

# 2/15/16- Monday

Sweet day. Lunch with Marguerite then hung out with Sylvia for the rest of the day. Swam at the beach near ferry terminal. Saw the volvedores. Ate at El Fogon.



Came home and sat and talked with Sylvia and Gloria. Really like them!

Vendors are 100% commission. That's why prices fluctuate so much.

### 2/16/16 - Tuesday

Last day of walk about. It's raining today.

Walked through the pouring rain to lunch at Loco joes. Margarita & sylvia.



Last meal with great new friends at Patanegra.



Armondo, Margarite, Sylvia, Suzanne

### 2/7/16 - Wednesday

Flying home today

Thoughts: had so much fun. Lived a lot in the moment, in the now. And each moment was fun, different but great. The trick is to remember to do this. Each time I leave one moment I think it can't get better then this and yet it does. So learning also to let go of the moment so the magic of the next moment can enter my awareness.

What I still have trouble doing is being alone and getting lonely. Playing in the water isn't nearly as much fun as being with someone in the water. It has been this way the whole trip. If I don't keep myself busy then the loneliness creeps in. But I can feel the self judgement that being busy all the time is negative. Maybe that is the problem. Being bored turns quickly into loneliness. Maybe the issue is be busy but don't be so busy and occupied so that when life comes along I won't notice it and will miss it. On this trip I was very opened to what was in front of me and seized it. I'm amazed at how many people I met and talked to and had special connections with. More than I would ever have

imagined. And I got good at it. It became easy and fun and fast. Once I got the hang of it and got out of my own way. This is a skill that Johnny is a pro at. Maybe I'm a pro now to. Will see if I can continue this energy at home.

Yes it was a good walk about! Never know what to expect but always magical. In fact any expectations that I had didn't happen. How I expected to meet people didn't happen but the way it ended up was perfect. As long as I put energy out things happened. Actually it was more as long as I stayed opened things manifested. If I put energy out, i.e. tried, then I got anxious and lonely. Hard to let things happen in its on time frame rather then the time frame in my mind. And yet as soon as I let go things would happen. I just had to be, and also be aware for energies to move.

Killing time before I leave. Started emailing folks about websites. Funny how fast one can shift into different worlds.

Gloria and Sylvia both gave me small gifts. I managed to find a place in their hearts. I am loved and they are loved.



David drove me to the bus station.

Sylvia waited with me for the bus.

Took an hour to get to airport. Alaska Airlines was in terminal 2. Didn't have to go through customs. Cancun airport feels like a zoo.

Goodbye Mexico for now.

Whole vacation cost less then \$2500, or about \$500/week. Not bad!