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## How Professor Dumbledore got me off the couch

Thursday, July 17, 2014

Yesterday was supposed to be a strength training day, but by late afternoon I was laying on the couch resting on my laurels.

I was proud of myself. I had bashed my knee on a piece of furniture the night before and skipped running. However, I did walk 2+ miles outside and finished up 2 more at the gym plus the rowing machine. Yea me, right? So I DESERVED to relax and watch TV.

While our grandchildren were visiting last week, we watched the Harry Potter movies AGAIN.

During our June trip to Europe we visited the locations around London where they were filmed and even spent 3+ hours on the studio tour (a fascinating place for fans of the series). It was fun to recognize the locations and props we had seen in person, but I always fell asleep before the end of the movies.

So I decided to catch up on what I had missed.

Near the end of "Harry Potter and the Chamber of Secrets" Dumbledore said to Harry, "It's not our abilities that show what we truly are, it is our choices"

Wise man - he could be a spark motivator.

So, I continued to watch TV, but I picked up my dumbbells (which I keep in full view right by the TV) and completed an ST session.

Later while catching up on news stories online I came across a poignant remark by the young girl who survived the massacre of her family. At their memorial she also quoted Dumbledore.

"Happiness can be found even in the darkest of times, if one only remembers to turn on the light." ("Harry Potter and the Prisoner of Azkaban")

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MARYJEANSL


There is quite a lot of wisdom in Harry Potter.  
2521 days ago



**PHEBESS**

Yeah, I think Professor Dumbledore is my favourite teacher at Hogwarts!  
2521 days ago

**PHOENIX1949**

 blog and HP quotes.  
2521 days ago

**CANINE\_MAMA**

Amazing where we can get inspiration. Nice blog  
2522 days ago


**TRAVELGRRL**

Great quotes!! AND, I need to put my dumbbells by the TV too. Great idea.  
2523 days ago

**IFDEEVARUNS2**

Wise Dumbledore!  
2523 days ago

**FITTEREVERYDAY**

 blog! I am a HP fan so the title drew me in but definitely very inspiring! :D  
2523 days ago

**BOOKLOVINGGIRL**

Oh yes, I love that last quote about happiness. Way to go on completing an ST session.



2523 days ago

**ACRAIG921**


  

2523 days ago

**MJREIMERS**

Wow, this was awesome! I've watched Harry Potter, but not enough to catch those little quotes. Thank you!!!!  
2523 days ago

**TERI-RIFIC**

 and well put together. Great quotes and inspiring.  
2523 days ago

**LINDAKAY228**

Wow those are both such great quotes, and especially the little girl that had been through one of the worst things imaginable and still talks about the light that will come if we look for it. She is such an inspiration. Great for you for getting it done! I have to do mine early or I'm too tired in the evening. But whatever we do, whether morning or night, we just need to get it done!  
2523 days ago

**WILSONWR**

Both were great quotes. It's definitely our choices that mold our lives. We even have the opportunity to learn from bad choices if we take advantage of it.  
2523 days ago

**WATERMELLEN**

Nice!! HP is not something I've watched/read but there's lots of wisdom here!!  
2523 days ago





CD4114015

v



blog! I am not a follower of Harry Potter so really enjoyed these quotes! They are



2523 days ago



NELLJONES

We can find inspiration in the strangest places!

2523 days ago

v



WEIGH-2-GO

Awsome

2523 days ago

v



MISCHAKEO

Both quotes are excellent. Our choices are so important and do define us. That poor young girl losing her family, but then having the strength to continue to seek happiness.

Hooray for Dumbledore and for you getting off of that couch.



2523 days ago

v



ONEKIDSMOM

Your blog title drew me right in... if I wasn't already subscribed I would have clicked it when I saw it. And by the last paragraph, I had that tingly feeling that only something like resilience of that young girl quoting Dumbledore can give.

Thanks for another great blog!



2523 days ago

v

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