

Hi Everyone!

Fall seems to be a favorite time of the year for a lot of people. The colours can be amazing. The other day I walked by a vine that had grown over a brick wall. Large, dark red leaves were bursting with a colour so rich that I couldn't help but think, *'If they made wine from leaves, these would surely make the grandest red of them all!'*

Growing up in Northern Illinois in the US, fall was a magical time of the year. The weather, (American) football, Halloween, the first snow fall, and thoughts of Thanksgiving created a great deal of excitement. As Fall turned to Winter, the build up to Christmas made it that much more special.

January would change all of that. With the holidays behind us we were heading into the coldest months of winter. And if the Chicago Bears (American football team) didn't make the playoffs it was going to be a long time before we saw Spring.

As Fall begins I am taken back to many of these memories; to what often feels like a simpler time in life; one void of the trappings of 'doing' to include the emotions that accompany it.

Ever have that; where the smell and/or feel of a day takes you back to a time in your life when everything just seemed 'right?'

You can never mimic or duplicate the feelings you experience during your favorite time of year. Regardless of how good things might be, the feel of a beautiful Spring, Summer, Fall or Winter day awakes senses only these days can.

What is possible is the feeling of warmth, comfort and serenity on the inside regardless of what the weather is doing on the outside. Whether brought by Mother Nature, your spouse, your job, or the neighbor next door, the clouds and storms that occur around you do not need to negatively impact the person within you.

With Fall upon us, why not take advantage of the season by using it as a reminder of who to *be*. Let the most beautiful days remind you of all that is possible within your *self*. Let the worst days remind you of the same thing; that regardless of what you or anyone does (including Mother Nature!), the greatest season is the time of year when *being* for your *self* and others is what you and others remember most.



Tip of the Month

The onset of Fall brings a drop in temperature. Use the lowering of the thermometer as a trigger to remind you of who to be. For our friends up North, that's a lot of reminders!

Thank you for taking the time to read this newsletter.

Your friend,

Doug

*To be yourself in a world that is constantly trying to make you something else
is the greatest accomplishment – Emerson*