

# TRANSFORMATIONS

Be Like the Wind and  
Dance in the Mystery of Life.

by Pamela Bell

**T**hat time of year is upon us when nature is full of noticeable change. It is robust and abundant as the reds and oranges of autumn burst forth against a bright blue sky. The sun is low, casting streams of light where there once were none, making shadows of the most peculiar household things. The days grow shorter and change more rapid as nature offers up her last hurrah! Showering us with all her brilliance and exerting her final force before closing down for her long winters nap.

How many of us have not taken notice of this change? Who amongst us has not stepped out of our houses, offices, busy lives, over the past few weeks proclaiming: "Wow! What a beautiful day!" How can you help but notice the living art that surrounds us? The painting that is taking shape before your very eyes? For me, a day doesn't go by

when I am not awe struck by my surroundings. Whether it is in Petaluma, Pt. Reyes, San Francisco or anywhere in between, I am forever aware that I am in a special and gifted place.

California is not extreme in it's seasons but we do have them. Our summers are hot (depending on where you live) and our winters are wet. Our trees lose their leaves in the fall and every year like clockwork, nature fulfills her promise to awaken our senses to the beauty of spring. Filling our hearts with joy and our lives with newness, color and vitality.

We are a part of nature and have our seasons too. Our energies and habits and moods ebb and flow like the tides with each new day. We grow hungrier in the fall and find we need a little more sleep. The winter is our time too, to stay close to hearth and home and warm ourselves by the fires that live there; a

time to reflect, to renew, to reacquaint ourselves with ourselves and with those we love. We know spring is just around the corner and we can look forward to a long and active summer but for now, just for now, isn't it nice to unwind? To slow down? To stop? To hunker down in the depths of our being and pay homage to the spirit that lives there?

Yes we have our seasons too, only we have forgotten how to honor them. We have chosen to ignore our internal time clock and have lost the mystery of being alive. We have traded in our seasonal rites for more activity, more productivity, more acquisitions, more obligations, more debt, more pressure, more stress, more illness. "More" is not better and the need for "more" is running our lives. More is actually less. Less spontaneity; less time to be with the people we love; less time to do what makes us happy; less time to hear our

spirit's song; less time to eat well, sleep well and love well. Less time to run, to jump, to laugh, to dance and to sing. And more or less, I can't help but wonder which is going to matter to you in the end.

Contrary to popular belief, "less" really is more. Less is your freedom. Less is everything you have ever wanted but didn't know you could have. Living with less is not a radical act, it is your true nature. And your true nature is begging you to come home. Reminding you with each passing season the preciousness of this gift of life. Ask anyone in hospice what they wish they had done differently and I promise you that working, worrying and acquiring more goods will not even make their top ten list.

You can choose to live differently each and every day. You can honor and take notice of the seasons inside of yourself and act on the natural rhythm that lives there. You

can close your eyes and imitate the wind so that the mystery of life will flow through you rather than around you.

"A fish cannot drown in water. A bird does not fall in air. Each creature God made must live in its own true nature."

-----Mechthild of Magdeburg

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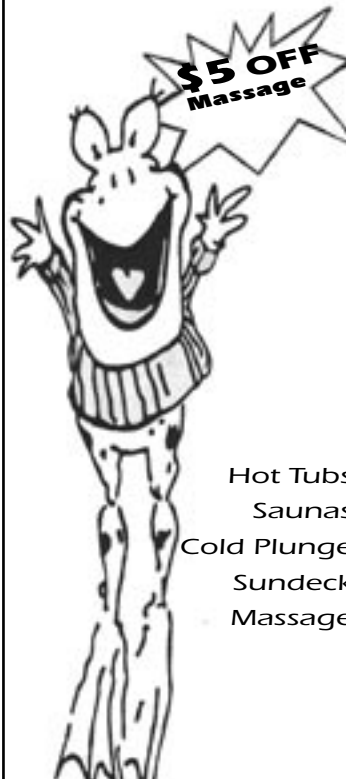
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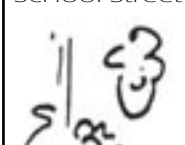




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