

Fall 2026

Notes and Quotes from Dawn



Autumn can be a magical time of year as the green leaves on deciduous trees turn brown or sometimes morph into a variety of bright and beautiful shades of amber, gold and red, eventually floating through the air or skipping along walkways.

The third season, in the northern hemisphere, has emerged very slowly this year in



our particular area, and weather has been a swinging pendulum fluctuating from 94 degree Fahrenheit highs to 64 degree lows. The weather, like nearly everything else these days, is growing more unpredictable. There are always uncertainties in life. However, in the current times we are living through, the chaos seems to be heightened in myriad ways. Climate change is increasing the frequency and severity of natural disasters, escalating political confusion and chaos, economic fluctuations, food insecurity and a shocking number of armed conflicts including over a dozen major, ongoing wars. Nowadays, news —whether true or false—is instantly accessible through social media, the internet, cell phones, and so on, contributing to unrest, despondency, and even depression.





Aging is another circumstance that often engenders uncertainty and anxiety. I notice my short term memory loss increasing and I tire more easily; my husband and I are attending remembrance and memorial services much more frequently. A recent one of those occurred on Zoom, celebrating the life of Rachel Naomi Remen, well-known author, medical educator, and pioneer in integrative medicine, who was told in her 20's she wouldn't live past 30 and died at 88. I could't help but notice some words etched in white on a portion of a glass wall behind the eulogists and musicians.

What if we pause and take three deep breaths right now?

I followed that advice several times during the more than two-hour zoom celebration gathering that day; and I am finding it a helpful exercise whenever I'm feeling tense or anxious. I imagine most of us are familiar with the adage to "Stop and smell the roses " and its metaphorical meaning to slow down, to take a break from a hectic daily schedule or an extra busy work week, to turn off the news, or computer or phone, to look around, inhale, exhale, take a breath, or two, or three. May we make time to detach from worries , fears and frustration, and allow ourselves to appreciate the things we so often take for granted or overlook. May we remember, and remind ourselves, that . . .

All we ever truly have is the present moment

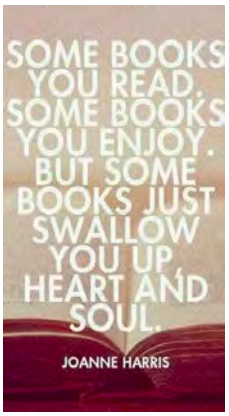


The other practice I find most helpful when I notice myself feeling uneasy, stressed or overwhelmed is gratitude, which I have written about extensively in my last two books; and something that has also become a primary daily daily meditative practice for me personally.

Gratitude can transform any situation, moving you from negative energy to positive. ~ Oprah Winfrey

BOOK TALK





We read to know we are not alone ~ William Nicholson

I love the solitude of reading, the deep dive into someone else's story, the delicious ache of a last page. ~ Naomi Shihab Nye

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autumn blessings ~ Dawn