

Time to Let Go

Autumn, 2013

The sound was captivating. Thousands of syncopated tones darted around in the stillness, staccato rhythms playing amidst whispers of last night's rain. I walked the trail drawn by the music of an unseen cascade. The trail sloped to reveal a crag, a rugged mass of projecting shelves of dark grey shale and sandstone. Sunlight revealed swaths of copper and brown. Fissures between layers of stone were black in contrast.

Mosses and ferns softened the majestic solidity of the cliff face, brushstrokes of olive and forest green placed thoughtfully by an unseen hand of Nature. Higher up the sun illuminated moist rock that jutted out as a shelf over which water flowed, a sheet of water that atomized into thousands of brilliant droplets before falling on the talus below. A random spray of mist could be seen here and there, accenting the treasure hidden in deep woods that gave rise to extraordinary beauty.

That was last Spring. I returned to the same spot the other day and the cliff face was dry. Leaves on the surrounding maples were crinkled, revealing warm tones of ochre, red and brown. Acorns littered the trail. A small crimson leaf hung on a single thread of a spider's web turning lazily in the cool air. We had entered the season of Autumn. Nature, in a brilliant final display of color was letting go. The old leaves would go back to the earth, enriching the soil for the next cycle of seasons. A preparation for the inward time of Winter.

On a Sunday morning a month ago I watched my 19 year old son carrying boxes out of his room.

Hey, Dad, where's that orange laundry bag? he asked me.

You're doing laundry?

No. I found a place to live.

I had encouraged my son to find a place of his own. It would help him learn about the world in a new way. As he packed the laundry bag full of clothes I felt proud, excited for him. He was packing his things and moving on to create a life for himself. Now, a month later I feel the emptiness. It's hard to let go.

In Autumn we learn more about ourselves, perhaps, than in any other season. Autumn is a time for us to clear out the old and make room for the new. In this

season we can ask ourselves "What do I need to let go of that no longer serves"? As we let go of old attachments, possessions and achievements we have an opportunity to clear out old negativities and impurities in order to find the true value that exists within each of us - the source of true self-esteem.

Grief is a normal response to letting go of what has been cherished and helpful in the past but no longer serves. When we are aligned with the Autumn season, we can relax and embrace the soft passing waves of sadness that may visit us as we let go. While I'm saddened by the fact that I rarely see my son these days, my grief celebrates our deep caring for each other. As the trees allow their leaves to fall gracefully to a receptive earth, nature reflects to me the withering away of an old relationship to make room for the flourishing of the young man my son is becoming. It is transforming both of us.

The body understands this message of Nature. The colon and the lungs are important organs in this season. If we are in a state of imbalance, respiratory or intestinal ailments may show up during this time. When we're in balance the colon - known as the drainer of the drega - helps us clear out what is not needed from our body, mind, spirit and emotions. The lungs, known as the receiver of pure Chi from the Heavens gives us a breath of fresh air, offering connection to our spirit and real connection to others.

During this time we are called to use our energy wisely, speaking and doing less than in the high energy time of Summer, behaving with economy, taking on a relationship with the world that is quiet and calm. Autumn is a season to conserve our energy and turn inward.

Aligning with the Autumn season can help bring ease and flow to the body, mind, and spirit as we restore our sense of quality and inner value. We can enhance our potential to look at what lies beyond ourselves. We can support that which gives us the power to let go and in doing so improve our own health and our capacity to benefit others. This is a particularly important time to receive the support we need to find balance and harmony in our lives.

I invite you to make an appointment for Cranio-Sacral therapy. It is especially useful at this point in the cycle of seasons in addressing underlying imbalances, bringing us into harmony with the season and with ourselves. Call (845) 255-4424. I look forward to working with you.

© 2013 Dr. Bruce Schneider. All rights reserved.

12 N. Chestnut Street, New Paltz, NY 12561-1705, (845) 255-4424,

bruce@drbruceschneider.com

