

Kate's Note

The Autumn; a truly mystical time of year. As the growing things on earth give up their bounty to sustain the many creatures on the planet as well as the Mother Earth her self, we move toward the time for introspection and thankfulness.



The harvest of our work all year is upon us. It's time to take stock of all that we have learned and all that we have accomplished – it's time to give thanks for our past, present, and future – for the abundance our lives affords us. Sometimes it is easy to believe that we are not so abundant but we are and always have been.

I like remember that the things that we truly need are few; air to breathe, water to drink, food to eat, someone to love and a place to sleep. Even these few things are things to be grateful for, many in the world don't have all of these bare necessities. Anything more then these few necessities is abundance.

Even the family without enough money for any luxuries as many things to appreciate as abundance – each other for instance – a family usually means there is more then one person to love.

Abundance also includes: Having a toilet, toothpaste, more then one set of clothing, dessert, a choice of what to eat today, electricity, running water, a car, heat, etc... Many of the things our culture treats as necessities are actually luxuries and so make us abundant as a people. Give thanks, celebrate!

More obvious luxuries are of course, a matter of abundance also. Give thanks! Dance Naked!

Another area there abundance lies but we often forget to give thanks for is in our learning. What have you learned this year that will serve you in your life going forward? These abundances also; give thanks! Count your blessings and celebrate them!

For those of you practicing themes: Now is the time to spend some time identifying what you learned from your theme and how has your understanding of your theme changed?



After spending some time on your theme for 2010 including a healthy portion of celebrating, move on and begin to consider what your theme for 2011 will be. Your theme for 2010 will have lead you to a precipice where there is only one or two obvious directions to go in for your theme of 2011. Go there

and give thanks that you've attracted the next evolution of your theme based growth.

For those who have not yet started practicing theme based years, please read the article in this issue on the subject of themes, appropriately called 'Themes.' Join us in an exciting self directed technology that will move you ahead with grace and ease.

Another place to look for the harvest is in events, which may seem obvious but it's really easy to over look what was learned or gained from an experience.

In the last 12 months, I've had a lot happen, some good and some not so good; at least on the surface.

I have watched my Mother go through open heart surgery for the second time in 6 years. She survived. That's an obvious thing to appreciate. I learned that she is a tough one for a mature gal. Appreciate. I have a better relationship with my sister now due to that event. I saw members of my family I hadn't seen in 20 years. I really could go on and on but I won't because it was only one huge thing that happened to me this year.

I also had a cancer scare followed by a major operation. There was no cancer, thank the Universe, and it was a traumatic time for me. I also have a new Grand Daughter as of August, I got married and so now have 2 step sons and a step daughter on top of my own blood family. I've moved from Canada to Norway.

So much has happened in the last 12 months I wonder if I will ever understand all of what there is there for me to harvest. And I am very grateful that I am so privileged in life that there are so many big events to ponder.

Yes, Autumn is a mystical time of year. The wonders of an amazing life rise up in the morning mist, begging for attention and understanding. Autumn is a time of peace, prosperity and honest reflection.

In Gratitude
Kathleen (Kat) McCarthy

