



## The Cornucopia Lens

Have you ever noticed the way the light changes in the fall? The tilt of our planet Earth moves away from the sun, just a little bit, resulting in a beautiful golden light in the fall, more yellowish than white. If you happen to be lucky enough to live in a temperate, deciduous tree zone, you feel the crunch of the leaves under your feet. That crisp, cleansing air that sweeps away the dying, drying leaves. This is a time of letting go, reflection and nature's abundance.

The trees do it, they drop what is no longer vital the leaves change colors and once green leaves eventually turn brown and wither. The trees go inward, and so do we in this season of restoration, nourishment, rebalancing anew.

I have a friend who used to say "you gotta level with your devil". Meaning you have to know what you desire and what connects you with that and what draws you away from it.

Now in this fall season is the time to do the work and make the decisions about what is really happening in your life. The planning, the harvesting, and the gleaning wisdom from your experiences. What have been the high

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points in your life since last fall? The peaks through each season? What are the things that have brought you joy and nourishment? What do you think you want to let go of because you're ready for something new and fresh? What is next? What do you want to create more of? What would you like to step into?

In our lives, we experience many seasons of growth and gestation points where we both gather and let go. When you go through times of distress, pain, sorrow there's always a time of reckoning or recalibration. We are always creating, yet we need times to defrag to dump and let go.

On this cutting edge of our lives as creators, it is a brave task to notice what is working and what is not working and to be honest about what we need for ourselves and our best living.

I am reminded of a wonderful experience I had in 1998. After completing my undergraduate degree I did a year of national service. In my social service position I had the honor and privilege of interviewing over 300 women on the welfare rolls about their dreams and desires for their work life and future.

I learned so much from these amazing strong women. All of them struggling on some serious level of survival. Almost all of them were single parents doing their best to make ends meet, while caring for their families and for themselves. I had the good fortune to sit as a witness, and just listen as I asked them questions about their interests, talents, and skills. What they like to do, where they like to be, to set the tone for them to even think about what life would be like if they had all the resources they needed at their fingertips. I like to think of this as "the cornucopia lens", Zeus' horn of abundance, full of never ending plenty. Viewing the

world through the feeling of what if I had everything I need at my fingertips. What would life be like?

Every single one of these women had been through challenges that hurt them and their self-esteem. Many had grown up in poor and abusive homes and experienced their mothers struggling when they were children. With a desire for their children to not experience the same future, breaking the cycle of poverty and abuse. It was extraordinary to me that after each interview, where they engaged with the cornucopia lens of possibilities there was a noticeable difference of demeanor in each person. They seemed lighter, freer, more hopeful, as they answered questions about their hopes and dreams, looking ahead and engaging with what life could be like if there was plenty.

Each person expressed the stress, trauma and burden of not being able to easily meet their own and their children's basic needs. Yet, each one had hope - even great hope - that their children would have more than themselves. Their love was their own inspiration. These interviews felt like a solid structured bridge into futures of possibility.

The witnessing, listening, and simple acknowledgment of what each woman had been through and experienced always put me in a state of awe for the tenacity, accomplishment and abilities people have to overcome solitude and hardship and to reach out for support, to show up and receive it. All of these women had reached a point of letting go of hardship and reaching out for help and it was beautiful to behold.

At this time of golden light and personal inventory may you be blessed to view your life through the cornucopia lens of abundance that's reflected in this season!

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