

Take Off Your Masks

Autumn brings with it many wonderful pleasures: trees dressed with vibrant, colorful leaves, apple cider, pumpkins and Halloween.

Halloween is a unique day. It is interesting to visit places of business and observe the costumes and masks of people that seem to contradict their everyday personalities. Some individuals really seem to exaggerate who and what they would like to be.

Many of us enjoy this time of the year because we have the opportunity to take on another personality. For a short time, we can bask in the safety and mystery of another persona.

There are other times when each of us assume roles other than what we truly are. I'm not talking about literal, physical costumes of fun and festivity but the masks of personality. We have been conditioned to act and speak according to what others expect of us. So, we adopt certain attitudes and speak words that might not feel right to us in order to be accepted.

Masks come in different forms and shapes. Some wear them to conceal an inferiority complex. Perhaps you have spent some of your life wearing a mask of conformity. You may have gone places you did not want to go. You may have said yes when

you meant no and said no when you meant yes. Maybe you stayed in a relationship because you were afraid of hurting someone else's feelings. Ironically, you were not only hurting yourself but the people you were associated with. Removing some of the masks you have worn can make you more vulnerable and open to criticism.

When you take off the many masks you think others expect you to wear, something happens. A new depth of self-acceptance and self-respect becomes yours. You can accept and respect others more freely because you do the same for yourself.

What masks are you wearing? What disguises are you hiding behind? It might be time to remove them. Give yourself and those in your life the opportunity to know the real, glorious you. This is the only way of true being.

ALWAYS REMEMBER:

*Your presence is a present to the world.

*You're unique. You're one of a kind. Your life can be what you want it to be. Take the days just one at a time.

*Count your blessings, not your troubles. You'll make it through whatever comes along. Within you are so many answers. Understand, have courage to be strong!

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Call to Conversion It seems we are always starting over. The season of Autumn brings us face to-face with new beginnings. It may be that something within us or around us changes. We need to move on. We are called to a conversion within. Change isn't easy. There are many changes that call us to a conversion: a death of someone we love, illness, a personal loss, a broken relationship, a transition in our life. Nothing seems to be the same.

There's a season for everything under the sun. A time for dying and a time for rebirth. A time for the spirit and a time for earth. A time for laughter and a time for tears. A time for courage and a time for fear. A time to cling and a time to release. A time to talk and a time to be still. A time to care and a time to heal. A time to let go, a time to hold. A time to be young, a time to grow old. A time to give, a time to take. A time to bend, a time to break. A time to keep, a time to lose. A time to be told, a time to choose. A time to tear down, a time to rebuild. A time to be empty, a time to be filled. A time to plant, a time to uproot. A time to be barren, a time to bear fruit. There's a season for everything under the sun.

Namaste

Make your own choices

If you think the answer to good health just comes in the form of a prescription, maybe it's time to rethink your ideas. Scientific evidence continually shows that life-style, diet and attitude play key roles in maintaining one's well-being. In a country where the cost of health care has gone beserk, maybe the question should be asked, "Whose health is it anyway?"

Now, more than ever, the responsibility for improving your health and vitality is in your hands. You're probably thinking that there are so many conflicting facts and so much missing information out there that you feel overwhelmed, with a real sense of control over your life.

The fact is, we can either change our life-styles by choosing to be vital, energetic, healthy people, or we can decide not to. It's just that simple.

When you browse through a health section in your local book store, it's overwhelming to see shelves filled with all sorts of health books. Pick up a book or two and begin to explore and discover the latest health information that will assist you in maintaining your personal freedom. Through reading you will learn to identify cancer hazards and find ways to reduce your risks. You'll decipher the new Nutrition Facts, labels and see if they're telling you what you need to know. You'll find that you don't have to go "over-the-counter" to treat your ailment. You'll find out how herbs and homeopathy can be used to treat an illness or just make you feel better about yourself.

Don't let your choices be made for you. Exercise the personal freedom that is rightfully yours. Educate yourself, know your options, and make the decisions that are best for you. The information found in various publications can help you get started. It's up to you to take it from here.

Food For Thought

***Ask not what kind of illness the patient has, ask what kind of patient has the illness! —Sir William Osler, British physician, in a lecture to his students over a century ago.**

***Illnesses hover constantly above us, their seeds blown by the wind, but they do not set in the terrain unless the terrain is ready to receive them.—Claude Bernard**

Good Mood Food?

Fed up? Feel down? Depressed and stressed? Want a real picker upper other than caffeine or drugs? There's at least one food that will cause a good mood! A German scientist researching the effects of a chemical in the brain that influences mood has advised us to eat a banana the next time we feel like we've had it.

"Mood is strongly affected by diet," says Professor Pudel. The banana in particular helps the brain produce the chemical serotonin which causes nerve endings in the brain to create feelings of calm, joy and sleepiness. But perhaps most remarkable of all, the same chemical allays pain!

Of course, one can't omit to mention that an equally great if not greater picker upper is 10 to 15 minutes of exercising. The benefits are even greater if the body is partially bathed in air and sunshine while the exercise is taken. Further, a run in the sun provides a picker upper that can last for a whole day or more.

There are many other picker uppers! Mirth and laughter are big picker uppers! A joke that you tell that evokes laughter creates a good feeling. Moreover, if you appreciate a funny joke or story, listening to one will do much for your down feelings.

So eat a banana/exercise/laugh!