

## The Last Gasp of Summer.....and Stillness

Summer is finally winding down, commonly accompanied by some degree of going, doing or partying. Labor Day might also serve as an introduction into the seasons of Fall and Winter, where Mother Nature takes a break for stillness and silence, a time to experience inner and outer peace.

So, perhaps in the midst of all the activity that accompanies this holiday weekend, we might make an effort to find some time to "go inside" and just be with ourselves.

Soon, Mother Nature will extend her invitation to be still so we can connect deep within our body and to celebrate our human life - at work, at home, at play and in relationship.

This time of the year is also an invitation to be still...to be silent...to listen intently and to feel deeply.

As we approach Fall, we can move away from the incessant doing-doing-doing and take time for be-ing, for finding a place and a space to go on another type of journey - inside - moving away from the people, places, circumstances and events that cause us the confusion, overwhelm, and stress that drain our energy and lead us down self-limiting and self-destructive paths.

So, this weekend, and perhaps consistently through the coming days, weeks and months of the Fall and Winter seasons, we might take time to explore the ways in which we constrict ourselves - stand back, sit back or lie back - and calmly and curiously reflect on where we are in our life, the truth of our life, our connections with our Self and with others - at work, at home, at play and in relationship.

So, this time of year is an invitation...

to allow my Values to manifest, to allow my Voice, to clarify my boundaries;

to stand still, and let go of those people, places, circumstances and events that cause me upset, agitation, dissatisfaction, impatience and frustration;

to be still and recharge my energy, regain my focus, set my intentionality and understand how I create disharmony and imbalance in my life;

to forgive, forget and let go of old upsets and grudges;

to withdraw from the madding crowd, to create what I want, to review where I've been, to reflect on what I've been doing and to consider the benefits and consequences of my actions;

to be still and look at the false images and illusions I've been living, to let go, to surrender and to trust my higher guidance to support me;

to be still and sincerely, patiently and lovingly allow the death of the old and to cultivate the growth of the new and to allow the process of Life to unfold;

to be still and reach within instead of without and examine beliefs, habits, assumptions, premises and ways of do-ing and be-ing that no longer serve me, to clean out the clutter in my environment and in my mind and to release what I've been holding on to that is now better discarded;

to be still and reconnect with my Inner and True Self, reaffirm what is Real, and let go of my ego;

to be still, be more accepting, loving, compassionate, wise and courageous; to change, transform and be grateful;

to be still, examine my impatience, my anger, my resentment, my guilt and my shame I can accept, connect and surrender;

to be still and let go of my ego needs for control, recognition and security;

to be still and connect to my deeper self, my foundation and my core to achieve stability and rest on solid ground;

to be still and go inside to to experience joy, positive energy, guidance, clarity, vision, purpose, action and peace;

to be still and go inside - the ONLY place from which I am, the only place from which I can experience true, real and authentic restoration and renewal;

to be still, and from deep inside, experience ME!

**So, some questions for self-reflection are:**

- What is stillness like for you? How do you allow stillness in your life?
- Do you "take stock" of yourself on a regular basis? If not, why not?
- As you reflect on this past summer, how well do you think you used this time? How meaningful were the people, places, events and circumstances that colored your life this summer?
- Did you "spend" your time, money and energy or "invest" your time, money and energy in people, places, events and circumstances this summer?
- Are you robotically drifting into Fall and Winter or do you have a vision or plan for your life this Fall and Winter?
- As you reflect on this summer - how you were, who you were and what you did - what do you "see" about you?
- Do you want to be a carbon copy of yourself next summer as who you were this summer? If not, what can do you during this Fall and Winter to ensure an authentic, real and genuine you next summer?

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