



We bring our awareness to the change of season and our response to shorter days and cooler temperatures now that the sun is lower in the sky. We observe the natural pattern of cause and affect, action and reaction everywhere we turn.

In the physical world, we acknowledge Newton's 3rd Law; "For every action, there is an equal and opposite reaction" But yet, when we drop a tennis ball from arm's length, we observe that the ball only returns to our waist. Where does the energy go?

In our practice, we diligently put forth our time and effort and can walk away feeling unfulfilled. We know this to be the law of diminishing return. We remind ourselves to keep our practice in balance; effort *and* release.

In Buddhist's teaching, the law of Karma says, "For every event that occurs, there will follow another event whose existence was caused by the first."

In Christian teachings, we learned The Golden Rule; "Do unto others as you would have others do unto you"

We exert so much energy into all aspects of our life. It's when we pause, that we become willing to receive.