

## Thank you

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*"Autumn is the eternal corrective. It is ripeness and color and a time of maturity; but it is also breadth, and depth, and distance. What man can stand with autumn on a hilltop and fail to see the span of his world and the meaning of the rolling hills that reach to the far horizon?" -Hal Borland*

A benefit of experiencing four seasons is that each time of year carries its own distinct mood. The transition from autumn to winter is a contemplative one, a time of acceptance towards the cold days to come and a reflection on the final colors of autumn. Thanksgiving accentuates this time well, and provides a natural space for expressing gratitude.

## Waking up I smile

a brand new day is before me...

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I have many things to be thankful for this season, and they are summed up in a song by Native American singer-songwriter Joe Reilly, called "Thank you"

### [Thank You - Joe Reilly](#)

Thank you for fathers and mothers  
Thank you for sisters and brothers  
For sons and for daughters  
For the earth and the waters

Thank you for bright days and dark nights

For death and for new life  
Each breath we renew life  
It's you who renews life

And in these times when pain does rise  
And I self-criticize, demoralize, over-analyze  
Angel spirits wise help to turn my eyes  
From looking inside to the skies

"The sun still shines" they remind  
Even when it resides behinds clouds and hides  
And each day tides are pulled by the moon  
And tonight the moon is full and bright  
My gaze is on its light reflecting on the snow so white  
Fallen from an atmospheric height  
An ancient sacred rite of water, wind and light

And all I know is to walk out below  
The stars and show  
The ancestors who flow through me  
That I can be free. That I can be free. That I can be free.

Way haw, way haw, way haw  
Miigwetch G'chi Manidou  
(Ojibway/Anishnaabe: "Thank you, Great Spirit")

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And to you who are reading this, **thank you** for stopping by and spending some time with me.

What are you thankful for?