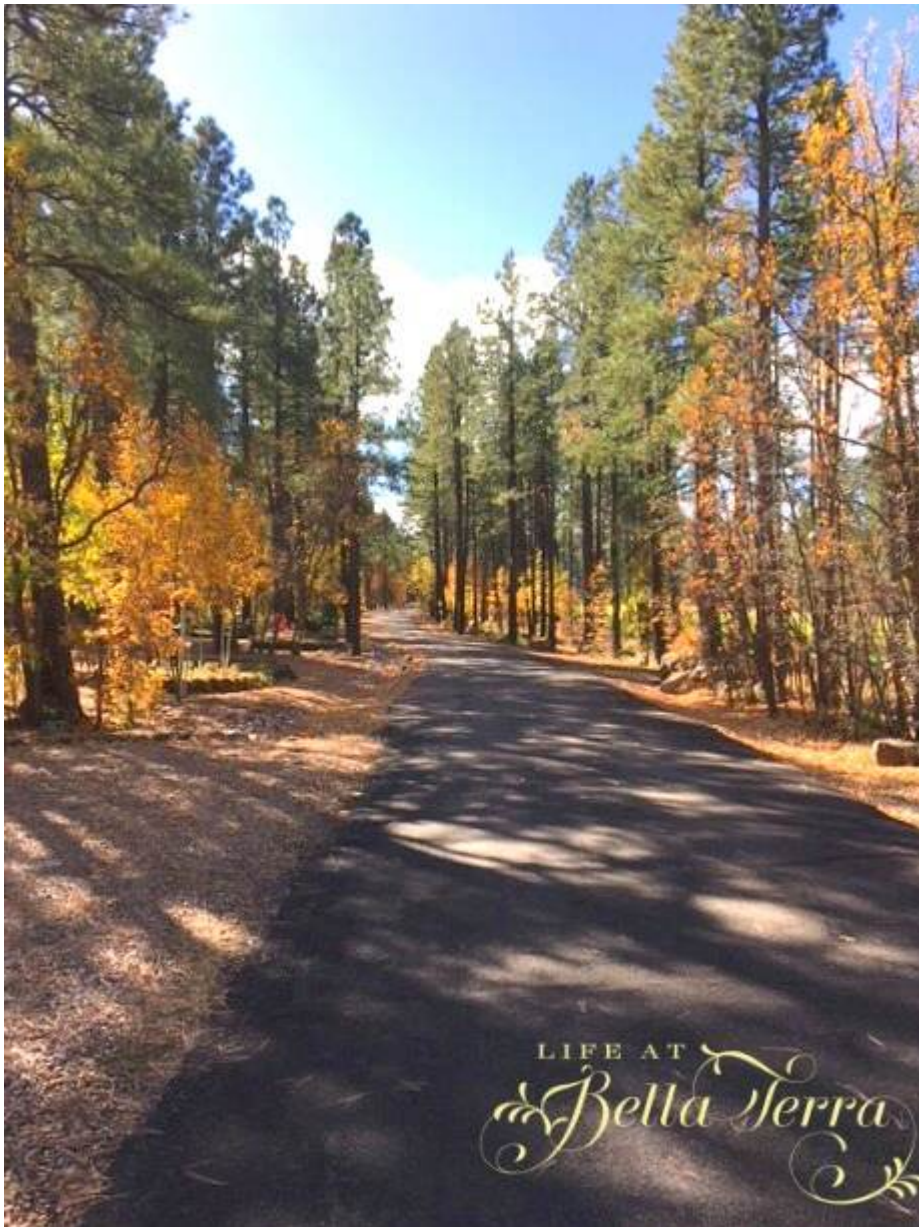


A Colorful Walk

It is so rare for many of us to experience solitude. Even when I am not on the go, my brain seems to be racing . With all the hats we wear, having calm and quiet time is a luxury.

I went on a long walk this morning as I am by myself at our cabin in the mountains. It is a typical fall day-chilly, crisp, clear blue skies, white puffy clouds and sunny. I tried to quiet my mind and let my eyes capture and appreciate nature and it's every changing story. I only encountered a few other forms of life~~squirrels gathering food for the winter as well as a variety of birds-woodpeckers, nut hatches, and crows.



In the White Mountains of Arizona, we experience a different set of colors for autumn. There is a predominance of Ponderosa pines and oaks. The oaks go from green to a golden yellow to a warm brown.



The aspens are gorgeous this time of year with their shimmering round coin-shaped leaves against their white trunks and blue sky.



There is a scattering of maples, which add their splashes of red and orange.





I was surprised to see some pansies in a flower bed, looking just as good as they would in the springtime.



The colorful blooms of rose bushes have not lost their beauty yet.



And of course, this is the time of year for marigolds and chrysanthemums...and lots of pine needles.



It was so peaceful to walk near the lake and see the sky's reflection on the glistening water.





Soon all the leaves will fall as nature prepares for winter.



Wishing you a weekend with more moments of quiet and calm.

"Learning how to be still, to really be still and let life happen~~that stillness becomes a radiance." Morgan Freeman

Mary