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## THRESHOLDS AND TURNING

October is a month of thresholds—the light shortens, the air sharpens, and we find ourselves between harvest and rest, presence and letting go. It is a season that whispers from the margins, inviting us to pause, notice what is fading, and honor both the beauty of what has been and the wisdom of release. In this turning, may we gather the fruits of our inner harvest, tend the quiet flame within, and trust that even as the veil thins, what is hidden is not lost but preparing to rise anew.

## September's Posts

### SHORT STORIES

- Kingdom of Ashes Parts 3 – 5

### BLOGS AND THOUGHTS

- Rooted not Rigid: A beginner's guide to grounding
- Namaste in Action
- When the World Says Two Sides....
- The Rapture, The Second Coming,....



# Recipies!

## FEATURED: STROGANOFF ON KETO BISCUITS

- 10 oz beef bone broth
- 1 pound ground beef or sliced beef
- 10 oz jar (or fresh) mushroom
- 1 chopped onion
- ⅓ c. sour cream
- 1 can cream of mushroom soup
- ¼ tsp paprika
- ½ tsp garlic
- xanthum gum to thicken as needed

**In skillet combine beef and onion until cooked through. add all other ingredients other that xanthum gum. Once mixed and cooked well add xanthum gum to thicken. Spoon over Keto Biscuits and enjoy!**

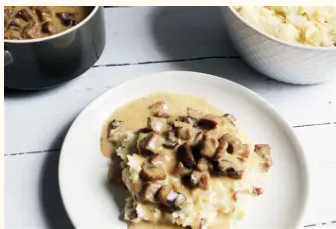
- 2 c. almond flour
- 1 Tb. baking powder
- ½ ts. salt
- 2 lg. eggs
- ⅓ c. sour cream or greek yogurt
- 4 Tb. butter melted

Heat oven to 350 and line a baking sheet with parchment paper.

Mix the dry ingredients and the wet ingredients separately before mixing them together.

Drop by spoonfuls onto parchment (it should make 10)

Bake 15-18 minutes until golden



## FEATURED: OCTOBER TEA

- 2 cups water
- 1 ts. dried chamomile
- 1 ts. dried roobios
- ½ ts. dried rosehips
- 1 small cinnamon stick
- 2-3 thin slices of apple or pear
- 1-2 ts honey to taste

In small pot bring to a simmer fruit and cinnamon for 5 minutes.

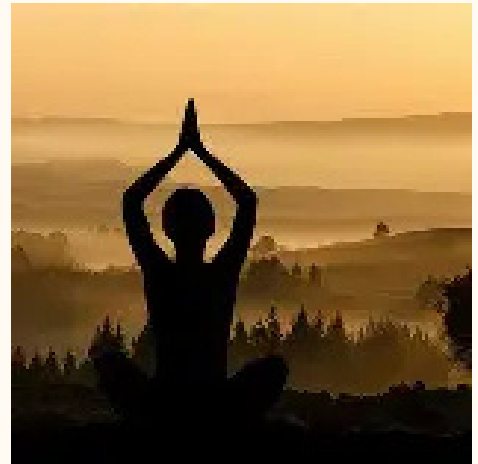
Remove from heat and add herbs, cover and steep for 7-10 minutes.

strain into mugs and sweeten if desired. Get cozy and enjoy!



# October Meditation

Close your eyes and take a slow breath in, as if you are drawing in the crisp October air. Feel the way the season asks you to pause. Notice what is fading, like leaves loosening their hold on the branch. With each exhale, imagine releasing something you no longer need—an old worry, a fear, a burden. Inhale again, drawing in the quiet flame of wisdom that burns steady even as the days grow darker. Rest in the stillness between breaths, where endings and beginnings meet. Whisper inwardly: I let go with trust. I gather what nourishes me. I carry light into the darkening season.



## OCTOBER'S VEIL

The veil is thin in October's breath,  
a silken hush between life and death.  
Leaves fall like whispers the earth can keep,  
while shadows stir where the roots run deep.  
What was hidden leans close, unseen,  
in the hush between the now and the been.  
Ancestors murmur through fire and air—  
not gone, not lost, but waiting there.  
So light your lantern, steady and true;  
the veil grows thin—  
and wisdom comes through.



## POCKET WISDOM:

🍂 5 Truths to Carry in October

1. Letting go is not loss—it is the soil of renewal.
2. Carry a small flame into the dark; it is enough.
3. When the veil thins, listen closer—the unseen has its own language.
4. Harvest what nourishes, release what no longer feeds you.
5. October teaches: beauty and surrender can coexist.

## Coming Up:

I hope to see progress on the publishing of my first Novel: *Beyond the Well* currently being reviewed by publishers and agents!

Wisdom Circle Launch: A group formation putting wisdom into practice through discussion, creation and meditation.

More stories and blogs!

Possible Youtube Channel