



September 2016

this month. Seasons



THE TREES ARE ABOUT TO SHOW US JUST HOW
LOVELY IT IS TO LET THE DEAD THINGS GO.
(AUTHOR UNKNOWN)

Hi!

Already into another month, the splendor of Fall is right around the corner!

From chilly evenings and pumpkin patches, to hayrides and hot apple cider, Fall is by far my favorite "season". I am incredibly excited to get out and enjoy this time of year with family and friends. However, as I continue to work with people seeking growth and transformation, the concept of "season" has taken on an interesting parallel.

When someone begins the process of counseling, the desire to put an "end" to the things that have not worked in the past, often emerges. A desire to say goodbye to the "lifeless" things to make room for the new is an indicator that counseling is progressing. At the same time, this transition can bring about feelings of barrenness. In fact, once the Fall, or (saying goodbye to what no longer is life-giving) changes into a "winter" season, many report feeling lonely or exposed, and may even start to question whether they were better off before they even started.

But, just as Spring eventually arrives in nature, the sweeter days of changed lives will too. The abiding of Winter encourages reflection, stirs new purpose, and encourages different plans.

In response, once the warm days arrive, it becomes inevitable that the planting of different seeds will begin. It is here where I encourage clients to tend to their gardens and, alongside them we wait together. And sometimes, we have to wait, and wait some more. Without fail, it is usually here when, close to wanting to squash this thing altogether, a "bud" finally appears.

One here, another there. It is now clients see the growth of a different sort really taking hold. A harvest of sorts has emerged!

Relationships become healthier, daily life more satisfying and the outlook on life in general reported to be more purposeful and upbeat.

Summer has arrived. Yet, almost as quickly as it comes, one morning a hint of cooler air appears, almost serving as a warning to enjoy the last few days.

Finally, the inevitable return of Fall occurs once more.

Glorious Fall. Why glorious?

I believe Fall could often be the disguised new beginning of improved lives. Saying goodbye to what should go, to make room for the better, undeniably sets up for a life well lived.



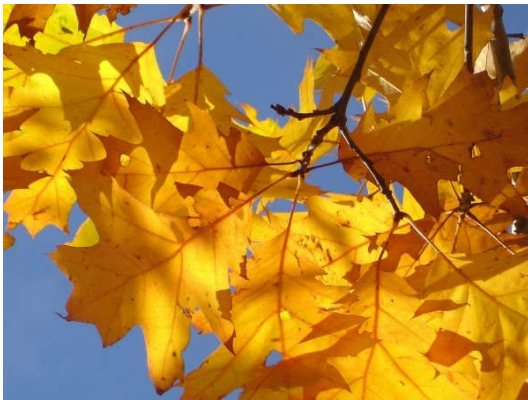
Sincerely,

Katherine

owner/therapist
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"Each moment of the year has its own beauty."
Ralph Waldo Emerson



"Be aware of what season you are in and give yourself the grace to be there." - Kristen Dalton

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A few applicable thoughts:

1) What season are you in? You may be in different seasons depending on what part of your life you are examining.

2) If you are in the Fall season, be aware that the pruning may hurt. The good news? Once what needs to go, is gone, you look back and wonder what took you so long.

3) Winter can feel isolating. Feeling lonely does not mean you are alone. This is a great time to connect with God and consult with Him on future plans.

4) Spring time can feel like an eternity before the warmer days finally arrive. As with gardening, much is happening underneath the surface before the first sign of life actually becomes visible. Patience here is key.

5) Even the "goodness" of summer can become stale if we don't prune the places that are no longer life-giving. However, in the places that are, take it all in and enjoy storing up for what may be to come.



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