

## Clancy's Cliché's

Have you ever had one of those days when you looked in the mirror and there's another wrinkle above your eyebrow that wasn't there yesterday?



Soon I'll be looking like a Shar-Pei. And what about those toenails? Didn't the vet just trim those? Soon I'll be shedding my "summer coat" for my "winter coat." Get out the lint brush!

The cells in our body are always changing. Second by second. The blood through our veins is always flowing and being cleansed through our body's fascinating function. This season we see summer leaves falling and making bare the trees for their annual nap. Those leaves let go so that the sap and nutrients can turn their attention inward, while the outside will be washed off and cleansed by the rains and snows. Those snakes and crabs are always "shedding" their skins and shells to grow and change. Otherwise, they could die.

You see, all is in constant motion and change. *You* are in constant motion and change. Gadgets, cell phone screens, and everyday busyness are perfect deceivers to noticing any changes in or around you. Nevertheless, you can't deny it. Life moves - and moves on. Sometimes, it's best to just let go, creating space for something new to enter. Other times, it's opening your heart to make way for new concepts or to just regroup and move forward. And why do we all hang on to ideas, material objects, unhealthy habits, or beliefs that no longer serve us? By not shedding our own skin and (sometimes extremely thick) shells, are we killing ourselves to the beauty of life's blessings? What's holding us back?

Take time this season to "fall" out of routine and into seeing what new horizons are out there with a fresh eye. Feel the perpetual inner shift in your body, mind and spirit. Change is constant. Change is unavoidable. The sooner we embrace change surrounding us and inside of us, the more joyful we can be about so many things.



## Clancy's Cackles

What's a pumpkin's favorite sport?

Squash!



What is the cutest season of the year?

Autumn!

What do you call a cheesy Halloween

The monster mash!

Why did the skeleton cross the road?

To get to the Body Shop!

