

October 2023

A GLIMMER OF LIGHT FOR THE FALL

—

**REFLECTIONS THROUGH THE
SENSES FOR THE SEASON**

Presented by Stop Breathe Believe® & Dianne Morris Jones

In the counseling world, the word “glimmer” is used in Polyvagal Theory to refer to something that’s the opposite of a trigger. According to Deb Dana, LCSW, “Glimmers refer to small moments when our biology is in a place of connection or regulation, which cues our nervous system to feel safe or calm. We’re not talking great, big, expansive experiences of joy or safety or connection, these are micro moments that begin to shape our system in very gentle ways.”

Examples of glimmers are: seeing a rainbow, smelling lavender, feeling the warmth of the sun, humming, wrapping our body in a soft blanket, a meaningful conversation with a trusted friend, a cup of coffee, or sunlight sparkling on water.

What are the “glimmers” we can anchor into and claim for ourselves? What will help us be resilient during times of struggle? What can strengthen the depth of our mental health and vitality in everyday life? Glimmers are not unlike the “green statements” I wrote about in *Stop, Breathe, Believe*, and they will be unique for each of us.

For October, may we search for the glimmers...the things that help us feel safe and resilient. May we all look for tastes, sounds, places, and people that help us feel grounded and fully alive.

Glimmers of Love

by Roger C. Jones

A loving mom totes her adoring daughter
in a frontal carrier: face-to-face.

That baby girl has nothing she'd rather see
than mommy's face captured in full view.
Their eyes engage and baby girl grins,
happy and content, lacking nothing—
no fears, no troubles.

Nearby dad joins in the playfulness
greeted with that same full smile,
the gleaming eyes and happy expression
an obvious delight for both parents. Then

baby girl turns her face to me, a stranger,
her angelic expression beams,
sending a warmth through me,
like a hot toddy on a cold winter night.

This beautiful brief encounter
birthed a glimmer of love—
a small moment of full presence
that changes one, in a gentle way.



Photo taken in West Des Moines, Iowa.

Day 1

The glimmer of a quiet evening, the fragrance of a candle lit, the delicacies of a delightful bouquet, a fire crackling in the fireplace and a cup of hot tea.

**What is a glimmer for us today?
How can we experience the beauty,
wisdom and presence of wholeness
in our life today?**



Photo taken at Dallas Arboretum, Dallas, Texas.

Day 2

The glimmer of a cockscomb – not only the velvety texture, the rich, beautiful merlot color AND the memory of Mom finding a place in her garden for this amazing flower when I was a little girl.

**What is a glimmer for us today?
How can we experience the beauty,
wisdom and presence of wholeness
in our life today?**



Photo taken in Dallas, Texas.

Day 3

The glimmer of a blanket, woven in rich fall colors, textured with warmth and tasseled with an invitation to slow down, come and snuggle.

**What is a glimmer for us today?
How can we experience the beauty,
wisdom and presence of wholeness
in our life today?**



Photo taken at Dallas Arboretum, Dallas, Texas.

Day 4

The glimmer of a hug. As we were spending the day at the Dallas Arboretum, looking for glimmers, we sat down and looked at the infinity pool with White Rock Lake in the background. When our precious granddaughter had enough of the “sitting and watching”, she stood up and gave me a hug. So glimmery!

What is a glimmer for us today? How can we experience the beauty, wisdom and presence of wholeness in our life today?



Day 5

The glimmer of the texture, the “feel”, the “at homeness” of your favorite flannel shirt....and the bonus glimmer of doing what you love!

**What is a glimmer for us today?
How can we experience the
beauty, wisdom and presence
of wholeness in our life today?**

Photo taken in Olympic National Park, Washington.



Photo taken at the Farmer's Market, Dallas, Texas.

Day 6

The glimmer of the beauty of color, the richness of the “homegrown” berries at the farmers market AND the anticipation of the deliciousness and the nutrients of the blueberries and raspberries.

What is a glimmer for us today? How can we experience the beauty, wisdom and presence of wholeness in our life today?



Photo taken at Dallas Arboretum, Dallas, Texas.

Day 7

The glimmer of the lily pad pods and lily pad out of water. Not only the symmetry and the beauty, the lily pad is a fascination of nature. In addition, my memory of being a child and gathering the lily pad pods in the pond by the river – and now, getting to share the process and story of the lily pad with our granddaughter.

What is a glimmer for us today? How can we experience the beauty, wisdom and presence of wholeness in our life today?



Photo taken at Dallas Arboretum, Dallas, Texas.

Day 8

The glimmer of a misty day at the Dallas Arboretum featuring pumpkin lined paths, over 100,000 pumpkins throughout the Arboretum, inviting us to come...pause...linger...see the natural beauty of the fall plants, the statues, the water fountains – each a glimmer of their own.

**What is a glimmer for us today?
How can we experience the
beauty, wisdom and presence of
wholeness in our life today?**



Photo taken in Dallas, Texas.

Day 9

The glimmer of reflecting on the beauty of the shape and color and “style” of a pear, the aroma of a fall potpourri bowl and reflecting on what to eat in October.

**What is a glimmer for us today?
How can we experience the
beauty, wisdom and presence of
wholeness in our life today?**



Photo taken at Dallas Arboretum, Dallas, Texas.

Day 10

The glimmer of a stop in your tracks color of magenta showcasing the beautiful “Ping Pong Lavender” flower. The texture, the beauty, the playfulness of the flower – a glimmer as we strolled along the paths of the Dallas Arboretum.

**What is a glimmer for us today?
How can we experience the
beauty, wisdom and presence of
wholeness in our life today?**



Photo taken at the Dallas Zoo, Dallas, Texas.

Day 11

The glimmer of looking up, seeing this beauty at the Dallas Zoo...a pink headed fruit dove. The gratitude of seeing the bird, the moment to take in the color, the feathers, the wonder of the creation of this fabulously feathered bird.

**What is a glimmer for us today?
How can we experience the
beauty, wisdom and presence of
wholeness in our life today?**



Photo taken in Dallas, Texas.

Day 12

The glimmer of the grounding taste of a pumpkin streusel muffin. The memories of the aroma and taste of growing up years with homemade pumpkin bread – the “aha” taste of familiarity and “home” for our hearts and the taste of fall.

**What is a glimmer for us today?
How can we experience the
beauty, wisdom and presence of
wholeness in our life today?**

Day 13



Photo taken in Lubbock, Texas.

The glimmer of a fall, Saturday afternoon football game environment cheering on our favorite teams. For me, as the Masked Rider enters the stadium on the beautiful black quarter horse, with the sound of the “Goin’ Band from Raider Land” playing, I get goose bumps on my skin. Regardless of your team of choice, the collective joy of exuberance, hope, tradition and connection with others and with our roots of college days can be a “glimmer” feeling.

What is a glimmer for us today? How can we experience the beauty, wisdom and presence of wholeness in our life today?



Photo taken in Dallas, Texas.

Day 14

The glimmer and deliciousness of a butter crusted rhubarb hand pie adorned on the plate with fresh berries. The true glimmer of the moment is connecting - sharing a relaxed, carefree breakfast on the outdoor porch with precious out of town family. An additional glimmer of enjoying Meme's (Roger's mother) cherished dishes.

What is a glimmer for us today? How can we experience the beauty, wisdom and presence of wholeness in our life today?



Photo taken in Dallas, Texas.

Day 15

The glimmer of a rose – the gentle, beautiful fall colors of this rose swirling about in its soft texture, inviting us to share its fragrance and pause to enjoy.

**What is a glimmer for us today?
How can we experience the
beauty, wisdom and presence of
wholeness in our life today?**



Photo taken in Breckenridge, Colorado.

Day 16

The glimmer of connecting – sharing a drink, a meal, a family trip, a time together.

**What is a glimmer for us today?
How can we experience the beauty,
wisdom and presence of wholeness
in our life today?**



Photo taken in Dallas, Texas.

Day 17

The glimmer of music. The sounds, the rhythms, the memories, the influence in our hearts AND our brains. We have this adorable red Victrola suitcase record player in Mom's room at her Assisted Living home. Mom happily receives the "glimmer" of listening to music that she and Dad enjoyed dancing to for many hours.

What is a glimmer for us today? How can we experience the beauty, wisdom and presence of wholeness in our life today?



Day 18

The glimmer of the music of a waterfall....the burble sound as the water moves with a rippling flow, the way the water bubbles down the side of a small, rock wall.

What is a glimmer for us today? How can we experience the beauty, wisdom and presence of wholeness in our life today?

Photo taken at Prairie Creek Park in Richardson, Texas.



Photo taken in Dallas, Texas.

Day 19

The glimmer of the love from a dog. Sterling's sweet disposition, love of "all things" about a walk in nature, sharing time together, encouraging us to slow down and "be".

What is a glimmer for us today? How can we experience the beauty, wisdom and presence of wholeness in our life today?

Day 20



The glimmer of a Wild Sunflower. Upon deeper examination, we can see the yellow pollen from the flower dropping down on the leaf, the detail on the stem, the beauty of the design of the pollination process of the sunflower. One can see why a butterfly or bee would be attracted to this particular flower!

What is a glimmer for us today? How can we experience the beauty, wisdom and presence of wholeness in our life today?

Photo taken at Prairie Creek Park in Richardson, Texas.



Photo taken in Dallas, Texas.

Day 21

The glimmer of the grill...the aroma, the anticipated taste, the tradition. On this fall day, we are grilling jalapeno hot dogs, fresh pineapple and fresh watermelon.

**What is a glimmer for us today?
How can we experience the
beauty, wisdom and presence of
wholeness in our life today?**



Day 22

The glimmer of wonderment. The intricacies of a snail – the patience our granddaughter had to observe and “care” for the snail as we walk around the Dallas Arboretum...the personal tour she audibly provided for the snail was priceless....she showed the snail the flowers, the plants, the squirrels, the water fountains.

What is a glimmer for us today? How can we experience the beauty, wisdom and presence of wholeness in our life today?

Photo taken at Dallas Arboretum, Dallas, Texas.



Photo taken at Atlantic State Park, Texas.

Day 23

The glimmer of an American Beautyberry. The wild shrub's beauty will stop you on the trail. The shrub produces glossy, edible, iridescent, purple fruit that hug the branches at leaf axils in autumn.

**What is a glimmer for us today?
How can we experience the
beauty, wisdom and presence of
wholeness in our life today?**



Photo taken in Dallas, Texas.

Day 24

The glimmer of autumn deliciousness. Pumpkin pancakes, melting butter, Vermont maple syrup with delicious berries – all enjoyed on the back porch on a crisp, fall morning.

**What is a glimmer for us today?
How can we experience the
beauty, wisdom and presence of
wholeness in our life today?**



Photo taken in Providence, Rhode Island.

Day 25

The glimmer of the “find” – whether it is a small acorn nestled among the array of colorful fall leaves, a particular colored or shaped rock, a treasure of our time in nature – sometimes stuck in our pockets for a longer memory, glimmer “glow” later.

**What is a glimmer for us today?
How can we experience the
beauty, wisdom and presence of
wholeness in our life today?**



Day 26

The glimmer of amazement of nature...the wonder of it all. The leaves change color during the autumn because the amounts of pigments change as the leaves prepare to fall from the trees. The glimmer of the pause to notice and watch the intricacies of a leaf changing.

What is a glimmer for us today? How can we experience the beauty, wisdom and presence of wholeness in our life today?

Photo taken in our backyard in West Des Moines, Iowa.



Photo taken at a farmers market, Dallas, Texas.

Day 27

The glimmer of a bell pepper at the farmers market. The smooth texture of the skin, the vibrant color of the botanical fruit, often served as a vegetable, the anticipated flavor of the grilled or stuffed pepper, the rough hands of the farmer sharing his handiwork at the market.

What is a glimmer for us today? How can we experience the beauty, wisdom and presence of wholeness in our life today?



Photo taken in Dallas, Texas.

Day 28

The glimmer of taste. The butternut ravioli in a tomato sauce with sage and pumpkin seeds and a glass of merlot is a symphony to the taste buds.

**What is a glimmer for us today?
How can we experience the beauty,
wisdom and presence of wholeness
in our life today?**



Photo taken in Dallas, Texas.

Day 29

The glimmer of a croton. A croton has a bold and striking foliage. Sometimes referred to as Joseph's coat as their thick, oval, pointed leaves are splashed with many fall colors, including red, pink, burgundy, orange, yellow and green.

What is a glimmer for us today? How can we experience the beauty, wisdom and presence of wholeness in our life today?



Photo taken in Dallas, Texas.

Day 30

The glimmer of aroma. We are reminded of fall as we enter through the utility room to the kitchen area as the cinnamon broom shares a yummy smell of autumn.

What is a glimmer for us today? How can we experience the beauty, wisdom and presence of wholeness in our life today?



Photo taken at Prairie Creek Park, Richardson, Texas.

Day 31

Glimmer of a “thing” – whatever that might be for you – the sight of a heart shaped leaf, a penny, a red cardinal – representing something special to you.

“There is no better time than the autumn to begin forgetting the things that trouble us, allowing them to fall away like dried leaves.” - Paulo Coelho

What is a glimmer for us today? How can we experience the beauty, wisdom and presence of wholeness in our life today?