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Reimagining 2023

October 12, 2023

## **The power of Fall Season**

Fall is a powerful and special season. It is full of joy because of the colors that represent the season such as reddish tones, rust red, mustard yellow tones, medium olive green, camel tones, mid-browns, orange, and yellow, inspired by the seasonal changing of leaves' colors as temperatures drop and daylight shrinks. The sound of crunching leaves underfoot and the smell of woodsmoke are special. Autumn is the harvest season. Many elements intrinsically deliver happiness or trigger memories of past joy from which we can keep taking bites, as from a freshly baked apple pie and pumpkin spice which the taste is everything.

Fall has a significant contribution to our life. It represents the moment of change, resilience, and survival. Change is a natural part of existence and that adaptation is key to survival. According to Lcas, in [\*Autumn Resilience: Embracing Change with the Seasons\*](#) fall “as daylight decreases, chlorophyll - the pigment that gives leaves their green color - breaks down, revealing the brilliant reds, oranges and yellows we associate with fall. This change is not just for show, it is a tree's way of conserving energy for the colder months ahead. Many animals change their coat colors to blend in with the autumn environment, ensuring survival. Using the earth's magnetic field and the position of the stars for navigation, birds migrate thousands of miles in search of warmer climates and abundant food sources. Perennial plants shed their above ground parts and conserve energy in their roots to ensure they can bloom again in the spring”. Lcas goes further explaining that the phenomenon of fall is not only associated with change, but

it also teaches us the necessity and importance of reflecting about past months of the year. That we need to take time to observe the changes in nature while immersing ourselves. From that point, it is then time to set intentions because having a clear vision will help us to navigate change with purpose and grace. While embracing change, we become "Resilience Ready" and that we need to remember that every ending is a new beginning. We group1, totally agree with Lcas. As humans, we need to revitalize ourselves to live longer.

Change is part of our life cycle. We can learn from traditional cultures about change. According to *Processes of Change*, "All Cultures are inherently predisposed to change and, at the same time, to resist change". We agree. There are many factors that contribute to this phenomenon such as colonization, globalization, industrial revolution, technological evolution, and more. Still, it is vital to preserve our roots because our culture represents our existence. This is associated with fall because we can get rid of what is bad and embrace changes for development and growth. Nevertheless, root preservation through hibernation is the key for spring blooming. Hence, preserving our culture is vital for our existence despite the needed changes.

Fall prepares us for spring as a result of the collaborative process of disposing waste in fall (when leaves are falling), retaining energy for winter (when plants are hibernating), then through spring leaves are growing again and flowers are blooming. Adaptation is key to survival. According to *Intelligent Change*, there are eight lessons to learn from nature: Flexibility and resilience, that is why within changes we still preserve our roots. Nature knows what is good and is never in a rush, that is why it is critical to follow its course. Nature is ever-changing, that is why it is important to adapt. In nature everything has a purpose, that is why it's critical to preserve nature. What goes around, comes around, that is why we are experiencing

environmental changes and we must change that cycle. An ocean is a sum of water particles, every individual thing is a part of a larger system, and humans are no different. After all, we, too, are nature. Each and every one of us has a role in this Universe, no one is “a surplus.” Nature is collaborative, that is why surviving in nature takes awareness and collaboration.

## References

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