

The soul would have no rainbow, if the eyes had no tears. - Native American Proverb

Dr. Douglas' New Year's Gift Continues

Has there been a violation of their dignity? For example, the Yellow Flag for Dignity Violations is tossed when domination intrudes on another's independence. This power-over paradigm results in resentment, soon to be followed by an enemy-image of each other – a strong impedance to resolving conflict between us. If I can offer the gift of independence and control to the other one, I can enhance our interconnection through those resources. Hope and possibility are the potential outcomes of this initiative. We all need understanding. Conflict arises when I rush to judgement about someone as right or wrong, good or bad. My gift to you, I intend to inquire, “tell me more”. If I can seek first to understand what is true for you, I will be honoring your dignity. No Yellow Flag.

The idea of a Dignity Official standing by to “throw the flag” when violations are noted will most effectively rest inside of my observing self. I am committed to honing my skills to recognize when you are not feeling included, or your safety is at risk. Before I am flagged for lack of empathy, I wish to recognize your offerings and acknowledge your accomplishments. In all fairness, I endeavor to give you the ‘benefit of the doubt’, once again reflectively listening to your point of view, your experience. Ultimately, I will support your dignity in recognition of your accountability for your behaviors, and I will accept accountability for my actions and words as well. If I deflect blame and don't exercise my response-ability, my relationships will fail in a frustrated lack of learning, growth and improvement. I need to hold myself accountable if I violate the dignity of another. Feeling badly takes strength and a willingness to see the chance for the one taking the shaky steps to move ahead towards their capabilities.

As I embrace our new grandson Isaac, it occurs to me that his dependence on us provides many moments to honor and develop his dignity as an acceptance of his unique identity. Sooner than I wish to acknowledge, respecting his dignity will necessitate an allowance for his budding independence. Eventually, we have the chance to establish recognition of mutual interdependence as a reflection of our mutual dignities. I do not think that honoring dignity is about being a nice person or living a better life. I understand it's about expanding our mutual development of bodymindspirit, expanding what it means to be human.

Ubuntu “a person is a person through another person ... we can only be human together.” Archbishop Desmond Tutu. Now that you know how I'll be gifting you, I request that in lieu of a thank you note, you choose to practice recognizing the dignity of the folks you come in contact with, and do the necessary diligent work of investing your intention to the moments you may have violated another's dignity. The more caring, the more I am compassionate, the more I enhance my awareness of our interbeing through the wonder that is you. When you recognize the same rewards, our shared world improves.

Each Morning Brings

A perfect sunrise
behind the clouds shrouding me from its warmth
If only I could see a little bit further through the haze
into the dream
maybe then I'd leave the cold muddy middle ground
Where I stumble
stuck between locked down and being free
-Níci Repose



Dr. Austin's Winter Garden Update

Colder temperatures and shorter days mean an end to my outdoor growing season. That doesn't mean that I have to completely go without any gardening fun though.

Luckily, this year, I remembered to bring in most of my succulents before the first freezing temperatures arrived and now I am reaping the benefits of their company this winter. While moving my succulents inside, I took advantage of their summer growth by separating and propagating the larger plants. Succulents are super easy to take care of and take very little TLC even when propagating. I am still waiting to see if the leaves I cut off my Jade plant will sprout any roots, fingers crossed.

Earlier this year, a good friend gifted me a beautiful pathos hanging bush and a philodendron heartleaf plant that I managed to keep alive even when most of my attention was on my tomatoes. Now that tomato season is in the back of my mind I am excited to watch the vines of these beauties grow longer and longer by the day, it may not be a juicy sweet tomato but it'll do.

In the summer, I love walking outside to pick fresh herbs to use in the kitchen. Once it gets cold outside, most of my herbs quickly die off. So this year I cut some fresh mint before it froze and stuck it in a jar of water, two weeks later, voila, new roots already started to grow. Next, I'll put them in a pot of dirt and enjoy fresh mint all winter long.

I especially enjoy this time of the year because I get a chance to plan my spring garden. The stillness of the winter season allows me to reflect on the past year and start planning the excitement of the next growing season.



Another Chance to Dance

Remember when your mind is racing
And you ain't got nuthin' done
The baby keeps on wailin'
And the day is said and done
Your mama truly loves you
Your daddy's in there too
And if you're reading this this morning,
The good news be
There's MORE to do
So greet that first breath with a smile
Be grateful for another chance
And put your red shoes on my sweet
You've been given another chance to dance
-Nici Repose

Introducing InvisAlign with Dr. Austin

I am excited to announce that I will now be offering InvisAlign Clear Aligner Therapy for our patients. InvisAlign utilizes clear retainers/ trays to move teeth into a healthier position creating a stronger and more beautiful smile. InvisAlign allows patients to eat and clean their teeth just as they normally would creating a better patient experience compared to traditional braces.

I welcome you to bring up any questions about this treatment at your next visit. I would also like to invite you to schedule an InvisAlign consultation if you are interested in this treatment. At the consult, we are able to take clinical photos and make models of your teeth so that we can determine if you are a candidate.

* **Editor's Note...**

Thank you for reading our all-Doctor-short-but - totally-worth-it newsletter! I hope your holidays left you feeling loved and excited for the next chapter-2020!

Deb

