



## COLORADO LAWYER ASSISTANCE PROGRAM

### **The Deeper Meaning of Halloween**

*“To be interested in the changing seasons is a happier state of mind than to be hopelessly in love with Spring.” ~ George Santayana*

Around the world, this time of year is reserved by many religions and cultures to pay homage and respect to the concept of change, transition, family, spirit, and the gifts of the land at the end of the harvest. Enjoy the festivities and spend time with your friends and family, but also reserve some time to reflect on how you are feeling this time of year. The transition into the fall came quickly in Colorado. Have you noticed that the leaves have changed color and are falling? Have you reflected on their beauty? What about the early snow?

While you are getting your kids or yourself ready for a Halloween evening, think about what this time of year means for you. The Halloween tradition of dressing up in costumes goes back centuries, but the concept of wearing masks or face paint during ceremonies or in preparation for battle goes back millennia. We dress up to express different aspects of ourselves to the outside world. What metaphoric “mask” do you tend to wear during the year? Have you been the stressed-out zombie workaholic or perhaps a superhero taking on everyone else’s problems? Have you been a pessimistic gloomy Eeyore or an energetic positive Tiger? What mask would you rather wear?

The fall is a time for us to inwardly reflect on the selves we have been, and the person we want to become. Use the costumes and masks as inspiration to muse and consider the different aspects of your personality and your personal goals for the future. Life is about the journey, not the destination. The fall season is time to reflect on our journey in preparation for the New Year, which is just around the bend.

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