

## The Mindful Path - Winnie the Pooh

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### **"Life is a journey to be experienced, not a problem to be solved." Winnie the Pooh**

The beloved children's literature classic "Winnie the Pooh" debuted 95 years ago, on October 14, 1926. The book has remained in print for generations of grandparents, parents, and children to appreciate. The gentle tales lend themselves to reading aloud. Recently, a woman who was in hospice care requested that her care providers and hospice volunteers read this beloved story as her final book, a final gift. It allowed her to reflect on her life and brought back such wonderful thoughts of her cherished childhood memories along with how the book impacted her children and grandchildren.

The adventures in the Hundred Acre Wood allow us to quietly reflect on simplicity, kindness, and friendships. Winnie the Pooh shares his wisdom stating, "A day without a friend is like a pot without a single drop of honey."

"The Complete Tales of Winnie the Pooh" lets us get reacquainted with the classic stories. A new addition is the book "A Walk in the Wood - Meditations on Mindfulness with a Bear Named Pooh" by Dr. Joseph and Nancy Parent. This exploration in print and audio captures the contemplative essence of A.A. Milne's writings.

Autumn is in the air. It is the perfect time to reflect on the wisdom of Pooh by exploring his famous quotes:

**1. Allow space for support.**

I don't feel very much like Pooh today, said Pooh.

There, there, said Piglet. Ill bring you tea and honey until you do.

**2. Focus on the present.**

What day is it?

Its today, squeaked Piglet.

My favorite day, said Pooh.

**3. Value friendship.**

A friend is one of the best things you can have, and one of the best things you can be.

**4. Celebrate joy.**

A day without laughter is a day wasted.

**5. Slow down.**

Rivers know this: there is no hurry. We shall get there someday.

**6. Rest.**

When all else fails, take a nap.

Promise me you'll always remember: You're braver than you believe and stronger than you seem, and smarter than you think. - Winnie the Pooh

May fall bring simple joys, health, vitality, and a good book to you and your family.

Marilyn Halpern is the founder and executive director of Aspen Care Services. This locally owned business provides medical power of attorney, care management, and professional guardianship services in the Denver Metro area. For more information visit - [www.aspencareservices.com](http://www.aspencareservices.com). Photo credit: Roland Halpern