



SEPT 2017

living the DAWEsome life!

TANTALIZING TRENDS, TRANSFORMATIONAL TIPS & THE JOURNEY TOGETHER

LOVE.

Doing Nothing Makes Everything Possible.

Nature in its cycles leads the way to deep awakening. The harvest peaks and leaves become butterfly wings floating to the ground. This is a time of gratitude. And each day is a celebration honoring all the days of summer and all the days of winter yet to come.

Fall is a time to pause. To reflect. To rest. I invite you to find your favorite tree, lie beneath it,

watch the clouds, notice the blue of the sky and the warmth of the sun on your skin. As you rest, know that the experience of doing “nothing” is in fact, everything. This is how we create. And whether that means a move for you, a remodel or an investment purchase, it is in rest that we dream our biggest dreams.

If time or the weather doesn't allow you outdoors, I recommend the less than three-minute, Refresh & Reset meditation by my friend and mentor Jeanine Thompson. It's available for audio download on her website for just \$1.11. You'll find it under “products” www.jeaninethompson.net.



Heather



LIFE.

REAP A HARVEST OF APPRECIATION

We're entering the time of the harvest. As the weather cools and we snuggle into the months ahead, consider beginning a Gratitude Journal.

Mornings with your hands wrapped around hot coffee or tea, or evenings by the fire provide great inspiration for appreciating all that we are grateful for. Consider recording five things, people or experiences you appreciate each day. You can be thankful anything, including something as simple as the wool socks that kept your feet warm in bed last night, or the scent of your favorite candle. Or you might appreciate the neighbor who picked up your mail, the artwork your child brought home from school or the sound of leaves dancing in the wind.

You might feel especially grateful for the recovery from illness, an unexpected check in the mail, a gift that surprised you or a driver who allowed you to change lanes during rush hour traffic.

When we capture and record the moments big and small—it's the noticing and remembering that creates room for more.

Your journal isn't just for writing—it's for reading! And re-reading. Make this fall the season where you focus attention on all that brings you joy. Read your journal entries when you wake up, or before you sleep at night. As you do, you'll re-experience the moments that make your life extraordinary. And take note as your life becomes even more so!

GRATITUDE SOUP

I love tomato soup in the fall—especially with a little spicy kick. Try the recipe below and consider pairing it with a gooey grilled cheese sandwich. (I like mine with a fresh, ripe, red tomato!) Enjoy!

- 2 tablespoons extra-virgin olive oil
- 1 small yellow onion, peeled, halved, and sliced into 1/4-inch-thick slices
- 1/2 to 1 teaspoon red pepper flakes
- 2 (28-ounce) cans whole tomatoes, (add some very ripe garden tomatoes for extra flavor)
- 1 1/2 cups water
- 1/4 cup loosely packed fresh basil leaves
- Kosher salt
- Freshly ground black pepper

Simmer onions and red pepper flake in olive oil until translucent, Stir in tomatoes, water, and boil. Reduce heat and simmer, stirring occasionally, about 30 minutes. Add basil, season with salt and pepper, remove from heat and let cool briefly. Strain soup over a large, heat proof bowl. Using a blender, purée soup in batches until smooth, (remove the small cap from the blender lid and cover with towel to allow steam to escape and prevent lid from popping off). Pour the blended soup through strainer, pressing solids with a rubber spatula; discard solids. If you'd like a bit more heat, try a dash of cayenne pepper! Enjoy!



WHEN IT COMES TO SELLING YOUR HOME, THE NOSE KNOWS.

Planning to put your house on the market this fall? Increase your chances for speedy sale by using the ancient art of aromatherapy. To put fall buyers into a generous state of mind, infuse your home with the scent of cinnamon. Either sprinkle powder or sticks in a pan of boiling water, or sprinkle a few drops in a diffuser before a showing.

The aroma of cinnamon, one of the oldest spices in the world, has been proven to bring about states of joy, reduce headaches, increase energy and improve concentration. All important factors in sealing a deal!



MORE.

GREAT PUMPKIN COLORING CONTEST—ORANGE YOU GLAD IT'S HALLOWEEN?!

Everyone's an artist! Age doesn't matter. Bring out your crayons, paint or markers and treat yourself to ghoulish, giggley, fun!



To enter, go to www.heatherdawe.com and download our pumpkin illustration. Now it's your turn to make it GREAT! You can enter in the following categories:

- 5- 12
- 13-18
- 19- 199: :-)

Scan and email your entry to Mary@HeatherMDawe.com. You can also mail your masterpiece to our office at: 11200 W 78th Street Eden Prairie MN 55344. If you have questions, please call 952-848-2462!

A panel of Halloween Experts will decide the winner and a prize will be awarded in each category. Winners will be posted online!

HEATHER'S FALL FAVES!

If you're looking for fun, Heather knows where to find it. Below are her favorite fall and winter recommendations.

9-8 THROUGH 11-5-2017: Hautman Brothers Art - Arboretum, Chanhassen

9-16-2017: Wild Rice Festival, Roseville

9-23-2017: Mill City Oktoberfest, Minneapolis

9-30 THROUGH 10-2- 2017: Apple Orchard Apple Fest, Afton

8-19 THROUGH 10-1-2017, WEEKENDS: Renaissance Festival, Shakopee

10-28-2017: Zoo Boo, Como Park St.Paul

10-27 THROUGH 10-29-2017: Halloween Capital Parade, Anoka

11-18-2017: Winter Wonderland, Swedish Institute, Minneapolis

11-24 THROUGH 11-26-2017: Lighting Festival, Taylor Falls

SUNDAYS IN DECEMBER: Holiday Music Festival Mall of America, Bloomington

11-24 THROUGH 12-24-2017 THURSDAY - SUNDAY: Hollidazzle, Loring Park Minneapolis

DECEMBER WEEKENDS: James J. Hill House Holidays, St. Paul

REFERRALS Adrian Watson • Sue Marty Eldridge •
Don Vasatka • Phil Howard • Brian Li • Justin Woo •
Jon Mielke • Sandeep & Jyoti Sinha

NEW FAMILY MEMBERS

Tyler & Omer welcome their son, Liam
Grant & Katie welcome their daughter, Maia

CONGRATULATIONS

Dan & Cheri Carlson • Martha Minion • Darlene
Schafbuch • Patrick & Kathleen Sherer • David Johnson &
Carol Evenson • Scott & Denise Brady • Tyler & Amanda North
• Nancy Otis • Angela Voight • Earl Hipp & Gwen Barker •
Greg Wood • David Woodard & Rachel Lasky • Matt &
Maureen Quist • Jon & Angela Mielke • Robert & Dee
Morrison • Ardelle Chelmen



Let's Connect! **952-848-2462** HEATHER M DAWE HeatherDawe.com