



View From the Pyramids: Transitions

AAOJ Editor-in-Chief Janice Upton Blumer, DO, FAAO

EDITORIAL

As I look out my window at the beautiful fall colors in Oregon this time of year, I am reminded of transitions. Transitions remind us there are seasons for medicine as well: the season of the student, the resident, and the practicing physician. For the practicing osteopathic physician, transitions of the spine are keys to change. In nature, transitions shift our attention and thoughts to preparation for the next phase in the cycle.

A.T. Still often wrote of nature and the transitions that it provided:

Through all the darksome night I lay enchained
by slumber's thrall, but with the first faint flush-
ing of the dewy morn I arose and wandered
forth.

All Nature seemed to wait in hushed expectancy.
With the iron hand of will I barred the gates of
memory, shut out the past with all its old ideas.
My soul took on receptive attitude, my ear was
tuned to Nature's rhythmic harmony.¹

I am your newly appointed editor-in-chief of *The AAO Journal*,
and I am transitioning into the role, both as a physician and in life.

Like AT Still's quote, my soul has taken on a "receptive attitude and my ear was tuned to Nature's rhythmic harmony."¹ It is my hope to bring new vitality to the *AAOJ*, exciting new articles and a venue for creative ideas to unfold. I want to continue to honor the rich history of osteopathic medicine and build on that, while tapping into the springtime of the profession as well.

I am honored to be chosen for this transition at such an important time in our profession, and I am grateful for the opportunity to be the next creative mind behind the rich history of *The AAO Journal*. I am thankful for the great *AAOJ* staff to help navigate these transitions smoothly, and finally I am grateful for you, the reader, and for your ideas and articles that keep this journal fresh. Look forward to things to come in the coming years.

Warmly,

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Reference

1. Still AT. Autobiography of A.T. Still. Kirksville, MO: A.T. Still; 1897:378. ■

The AAO office is located at The Pyramids in Indianapolis.

