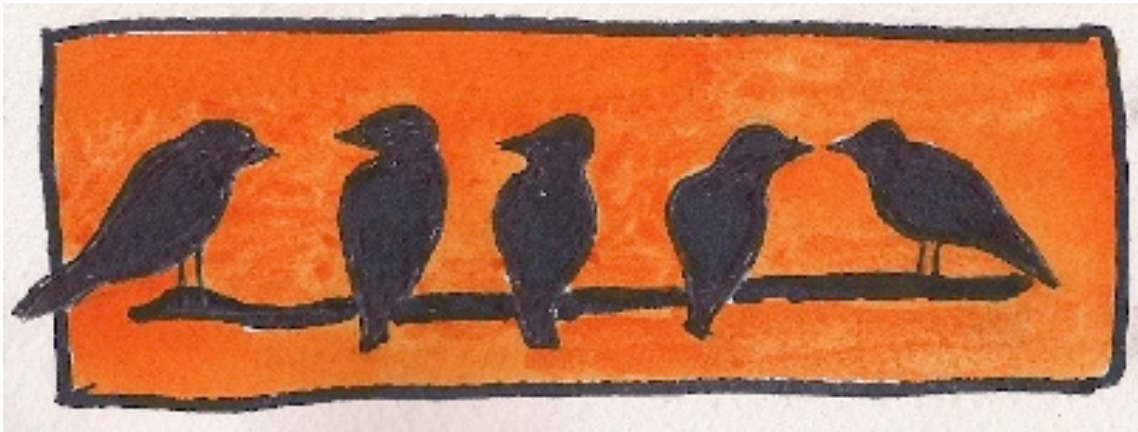


Autumn Alignment Kit 2015



Autumn

Out in the country where I live, we still have phone poles and utility wires, and in the autumn, birds assemble in huge flocks on the wires, as they get ready for fall migration.

This is one of the unmistakable signs that autumn has arrived.

The days are noticeably shorter now, triggering all kinds of changes in nature.

The vigorous growth of Summer is now waning, and you may be able to feel things in your life that are nearing completion.

As the leaves change colors, we can feel our lives changing also.

Autumn offers us a beautiful time to contemplate and celebrate all of the abundance in our lives.

These reflections are an opportunity for you to pause, so that you may hear the voice of your soul's longings. As you align with your true self, you will know what truly matters, and also what you want to attend to, in your life, through the Autumn season.

Enjoy this connection with your inner wisdom as you do these reflections.

Change



“Change is a measure of time, and in the autumn, time seems speeded up. What was is not and never will be; what is is change.” - Edwin Teale

What is changing for you?

Fruition



“In the garden, Autumn is, indeed the crowning glory of the year, bringing to fruition months of thought and care and toil.” - Rose G. Kingsley

What is coming to fruition in your life?

Harvest



“For man, Autumn is a time of harvest, of gathering together. For nature, it is a time of sowing, of scattering about.” - Edwin Teale

What are you harvesting?

What are you sowing?

Peace



“Climb the mountains and get their good tidings. Nature’s peace will flow into you as sunshine flows into trees. The winds will blow their own freshness into you, and the storms their energy, while cares will drop like autumn leaves.” - John Muir

Where do you find your peace?

Path



"Falling leaves hide the path so quickly." - John Bailey

Where is your path?

How do you find it?

Bliss



“Every leaf speaks bliss to me, fluttering from the Autumn tree.” - Emily Bronte

What is your bliss?

Magic



“A tangerine and russet cascade of kaleidoscopic leaves, creates a tapestry of autumn magic upon the emerald carpet of fading summer.” - Judith A Lindberg

What is the magic in your life?

Restore



Everyone must take time to sit and watch the leaves turn.” - Elizabeth Lawrence

What is the time you need to take to restore yourself for the next season?

Action



Take a moment to review what you have written. Look for themes. Look for where the momentum is in your life.

What is emerging?

What are your essential focuses for Autumntime?

What actions are ready to be taken in your life?

Thank You



I hope you have enjoyed this conversation with your true self.

Many blessings and much love, for a beautiful Autumn,
Lynne

Lynne Fairchild, PCC, MBA
Professional Certified Coach
lynnefairchild@earthlink.net