

Autumn Alignment Kit 2019



In the Northern Hemisphere, today is Autumn Equinox. It is the day that Autumn officially begins.

Autumn is a time of completion. It is a time of harvest, giving, and release.

Welcome to Autumn!

What has been growing in you, and in your life, throughout the Summer?

Think also about qualities of being, within you, that may have been developing. For example, due to a number of unanticipated circumstances in my life, I have been growing the ability to be resilient. You have growth areas also.

Autumn: Completion



In Autumn, nature is in a completion cycle. Nuts, seeds, fruits and vegetables that have been growing all season come to fruition and are ready for harvest.

Autumn is a time of abundance and celebration, in the midst of all of this bounty.

We can join in this seasonal celebration as we align with the energy of Autumn.

What are you celebrating in your life?

The Invitation of Autumn



The invitation of Autumn is to pause and be grateful for all of the bounty in your life, and also to notice what is completing in your life.

What are you grateful for?

What is completing in your life?

Think about projects you have been working on, things you have created, or ways you have learned and grown this year. Also, get in touch with any cycles or phases of your life that are completing.

Questions



Questions, when held lightly and curiously, are like doorways to our souls.

Just by merely holding questions in our heart, they begin to answer themselves, in right timing.

What are your questions about your life right now?

What are your questions about yourself and where you are going?

Harvest: Receiving the Bounty



As we acknowledge the harvest of what has been expanding and growing, both within ourselves and in our lives, we know that we have been given just what we need to take the next steps forward in our lives.

Consider new perspective or ways of seeing things; these are part of our harvest.

What have you received from the growth of Summer (both in yourself, and in your life)?

How will this “harvest” help you move forward in your life?

Giving: What Do I Have to Give?



Now that we have received our “harvest” for this season, we can also see what we have to give others.

What is yours to give or to contribute to others?

How will you give the gifts of your harvest to others?

Think about your own unique qualities, character, and wisdom, in addition to literal things that you have to give to others.

Release: What is it Time to Release?



We've all seen leaves turn color and fall off during Autumn. This is, of course, nature's way of releasing what is no longer needed. It is a process that is vital to preparing for the next season of growth.

We can follow nature's lead by letting go of what we no longer need, in order to make space for the new.

What, in your life, wants to be released? What do you no longer need?

What is it time to let go of, in the way of limiting or obsolete thoughts, beliefs or ways of being?

What will help you let go of what you no longer need?

Return



Return to the first page. Re-read all of your answers to all of the questions, with an open and curious mind, and a compassionate heart.

What are the themes that you see throughout the pages?

What has become clear for you?

What is your life inviting you to, in this Autumn season? How will you make space for it?

What actions or commitments are you inspired to, as a result of your reflections?

Thank You



Autumn is a time of completion, celebration, and harvest.

It is also an opportunity to enjoy the exhilarating liberation of letting go what you no longer need.

As you experience this season of completion, know that you are doing your preparation for the rest and incubation time that is Winter.

Thanks for taking the time to do the reflections in the Autumn Alignment Kit. I hope that you have enjoyed them.

Please always feel free to get in touch with me to let me know about your experience with these kits.

With much love,
Lynne

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