

Autumn Alignment Kit 2017



Fruition
Completion
Harvest
Color
Release
Gratitude

Autumn holds a lot for us.

It has a lot to teach us about our lives and our own nature.

In the Northern Hemisphere, today is Autumn Equinox, which marks the end of Summer, and the beginning of Autumn.

Welcome to Autumn!

What will Autumn teach you this year?

Gather Your Harvest



Living, as I do, in farm country, I'm very aware that Autumn means Harvest. The signs are all around me, and I am the beneficiary of fresh fruits and veggies from the farm down the road, every day.

In the cycles of our lives, Harvest has a broader meaning. It's the completion of something we have been focusing on, and the gathering of the results of that focus. It is also the collecting of the lessons we have learned from that journey of attention and focus.

In your life, what is completing?

What is your harvest?

What have you learned?

Celebrate Your Bounty



Autumn in farm country is a time of many festivals. For generations, communities have had the tradition of gathering together to celebrate the bounty of the harvest.

Pause for a moment, take a few deep breaths, and step back from the pace and the details of your life, to consider your bounty.

What can you celebrate?

Pause and take another deep breath.

What else can you celebrate?

Share Your Abundance



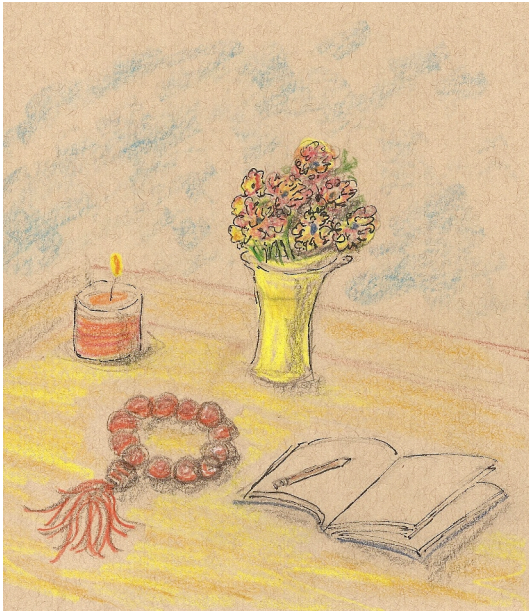
Communities also gather in Autumn festivals to share their good fortune of the harvest with others.

Think again about the projects or focuses in your life that may be completing now.

What do you have to share with others?

How would you like to share it?

Prepare for What's Next



Continuing with the themes of harvest and completion, take a moment to step back and see a bigger vision of your life.

You may want to give yourself some time to meditate on this, or visualize it.

Now that you are clear on what's completing and being harvested, and you have a sense for the larger vision of your life:

What is emerging in your life?

What wants to happen next?

Release What You No Longer Need



Where I live, in the midst of the beauty of Autumn, we are very aware of what's next: Winter. So an indispensable aspect of Autumn is preparing, clearing our land and gardens of the last vestiges of summer.

We all know that an essential part of preparing for what's next is clearing out what is no longer needed, but we often don't make the time to do it, in the busy pace of our lives.

I invite you to give yourself some quiet moments to look around your space, and see what can be cleared and cleaned, in order to make space for what's next in your life. You will know in your heart what is ready to be released.

What wants to be released?

In addition to physical items, what beliefs, assumptions, or expectations can you let go of?

Return



Return to the first page, and reread 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 actions or commitments are you inspired to, as a result of your reflections?

Thank You



Thanks for taking the time to do the reflections in this Autumn Alignment Kit.

I hope you have enjoyed them.

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

Many blessings for a wonderful Autumn season.

With much love
Lynne

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