

# Autumn Alignment Kit 2018



In the Northern Hemisphere, today is Autumn Equinox. It is the beginning of Autumn.

Autumn is a time of fruition and the fullness of abundance.

Autumn can help us find our way in completion and release.

Welcome to Autumn!

## Questions



Autumn is a time of rich harvest. Things that we have planted in Spring have grown to fruition over the Summer. What if this is not only literal, but also metaphorical?

**What has grown within you?**

**What has grown to fruition in your life?**

## What is ready to be harvested?

(think about the results of projects, as well as “inner” harvests, such as wisdom learned)

## What are your questions about this time in your life?

Simply acknowledging your unanswered questions can be very powerful.

Honor the questions and let them be open for you.

Notice how inspiration and intuition begin to form answers to your questions, when you hold the questions lightly and curiously.

## Entering



Autumn can be a season of completing things, in order to create space for something that may incubate over winter.

**As you enter Autumn, what has a feeling of completion in your life?**

**How can the energy of Autumn help you recognize what is completing in your life?**

**What if you let yourself go into the flow that is happening in your life?**

# Ending



Autumn is a time of release.

Nature teaches us that there is a time to let go of what we no longer need.

And, as we release, let us remember that every ending is a new beginning of some kind.

**What do you need to let go of?**

**What is the beginning that this release makes room for?**

# Listening



Your inner being knows just what you need to know right now.

Give yourself to the harvest and release of Autumn, and listen to your deepest self.

**What helps you listen to your deepest self?**



**What does your deepest self want you to know, in this time of harvest and release?**

## Seeing



Imagine that you are now on a powerful, luminous threshold, between what has been, and what is becoming for you.

**What is the threshold that you are on in your life right now?**

**As you stand on that threshold, what can you see, as you look ahead?**

**What is calling you forward?**

**What is it important to pay attention to, as you begin to move forward?**

**What is your first step?**

## Return



Return to the first page, and 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?**

**What is life inviting you to?**

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

# Thank You



Autumn is both fullness and release. It can feel like a time of paradox.

I invite you to explore and enjoy both of these aspects of the season.

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

Professional Certified Coach

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