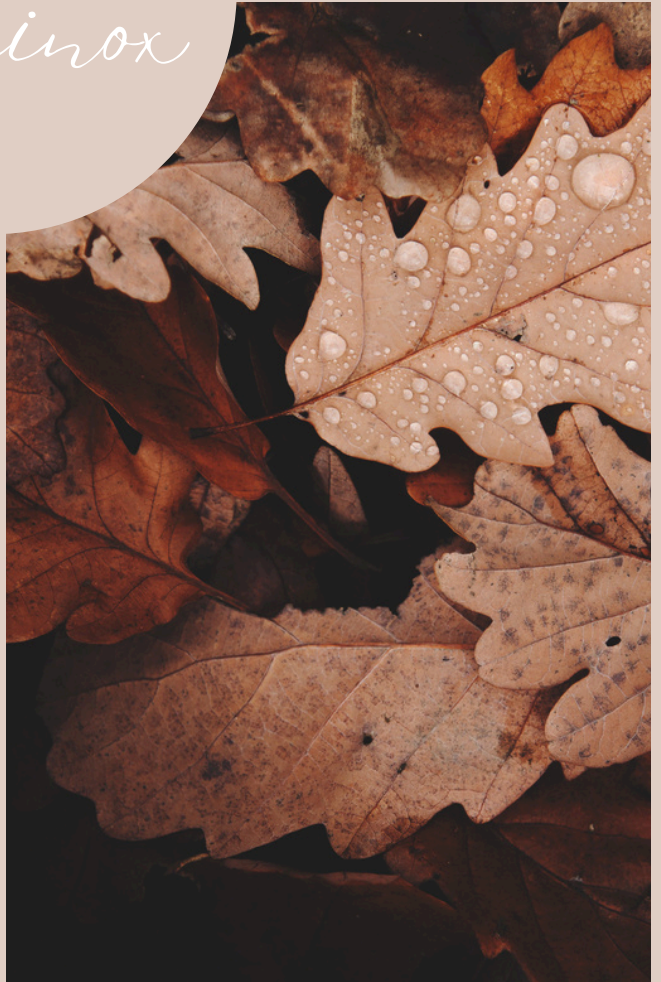




AUTUMN
Equinox





AUTUMN *Equinox*

Autumn is the season of balance, where day and night stand equal, reminding us that the wheel of life is always turning. It's a time to slow down, reflect, and take stock of where we've been, where we are, and where we are heading. Just as the trees shed their leaves, we too are invited to release what no longer serves us. The Autumn Equinox offers a powerful moment to let go of old patterns, habits, and emotions, creating space for renewal.

This is a season of transition - one of gratitude for the harvest of experiences we gathered and a time to prepare ourselves for the darker months ahead. It's a period for introspection, for setting intentions that will carry us through the winter, and for embracing the natural rhythm of change. As we honour the beauty of letting go, we make room for the growth and transformation that lies ahead.

Ritualise Autumn Equinox

- Go for a nature walk or hike
- Watch the sunrise or sunset
- Light candles or lanterns
- Bake with seasonal ingredients
- Meditate on balance and transition
- Practice yoga or tai chi
- Do a seasonal home cleanse

Self-Reflection Questions

- Where in my life do I feel balanced, and where do I need to restore harmony?
- What habits or commitments no longer serve me as I prepare for the slower pace of the season?
- What intentions can I set to navigate the darker months with clarity and purpose?
- What can I do to nurture myself and others as we move into the darker, quieter months?
- How can I celebrate and honour the cycles of change in my life?