



Celebrate the Season: AUTUMN



It's a NEW Season! In times of old, when most people lived off the bounty of the land, this was a time to give thanks for a great growing season. It was harvest time and that meant celebration! In this exercise, you'll explore four aspects of your life, and you will uncover a way to celebrate that is meaningful to you. Who knows, this may be the start of a new tradition!

As you prepare for this exercise, find a quiet place where you can sit comfortably and think without any outside disturbances.

ABUNDANCE

What is the abundance in your life? It may not be in tangible items like money or cars. Do you feel an abundance of love? Is it pouring into you – or flowing out of you – or both? Listen to your heart now, and spend the next 5 minutes to identify elements of your life in which you are have a sufficiency or are overflowing. Next, look at the list –you should have at least 3-5, maybe more. Which ONE is the most meaningful for you at this time? Circle it now.

HARVEST

When you “planted your seeds” in the Springtime, what were you expecting to grow for this new harvest? Are there new people in your life? What brought you together? In what ways is your life different from a previous season? Identify as many new aspects as you can. Then take a moment and acknowledge these new gifts. Sometimes our crops fail due to inclement weather or our own neglect. It's okay to recognize these areas as well. Learn the lessons that come forth in all that you do.

PREPARATION

Change is constant, but that doesn't mean it is always evident or moving at the speed of a moving train. Change tends to come in spurts and as a series of stops-and-starts. What we know is that this time of transition often creates a sense of chaos inside of us. It's uncomfortable, and we feel resistance to it. Maybe you are experiencing similar feelings about some area in your life and you just can't put a finger on it. You are likely in a place of equilibrium – or hibernation. You are in your comfort zone, and yet somewhere deep inside, you know a time is coming for you to make a new pathway or to create a new habit in your life. What is it? What are you noticing about it now? Take a few moments here and listen to the stillness. Know that you are in a period of preparation – and a shift will come soon – perhaps in another season rather than now. Jot down a few thoughts, feelings and questions you may have about this. How do you *want* to feel about this situation instead of how you feel now?



CELEBRATION

All your hard work and focus on the right things have brought you to this moment . . . to this very day. Celebrate your efforts – your successes – and even your “experiments” that may not have turned out as you'd hoped. Identify at least three things that you want to celebrate and congratulate yourself on. Then envision a few ways in which you can wildly celebrate your achievements. You deserve it – so treat yourself – and honor all that is within YOU! What's the celebration going to be? When will you do it? Who will you invite to celebrate with you?



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