

Autumn Alignment Kit 2020



Today is Autumn Equinox in the Northern Hemisphere. It is the day that Autumn begins.

As I write this, we are still deep in the Pandemic in most of the world.

Most of our lives have been changed in some significant ways, temporarily, if not permanently.

We are asking ourselves: What now? Who am I now? And, what is possible from here?

Many of us feel like we are in transition.

But, the process of transition has a stage *before* we start consciously defining our “new normal.”

That stage is Letting Go, to make room for the new.

In Nature, Autumn is the letting go time. Autumn can help us let go.

Autumn is the culmination of what has been, and it is the invitation to make space for the new.

Autumn calls us to:

- Let go into the Unknown
- Let go of what we no longer need
- Let go to Let In

Welcome to Autumn.

The Invitation of Autumn: Let Go



Nature has been growing all summer. There is now an abundant harvest.

This harvest is what Nature has let go.

Life is an offering in this season, a celebration of abundance.

We can join this seasonal celebration in Nature, as we align with the energy of Autumn and prepare to let go.

As we prepare to let go, in these times of uncertainty and changing conditions, we can support our well-being by celebrating the abundance in our lives.

What is abundant in your life?

Questions



Questions, when held lightly and curiously, are like a reflection of our souls.

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

What are your questions about your life right now?

What are your questions about yourself?

Let Go into the Unknown



Autumn can support us in letting go into the Not Knowing of what will be next for us.

In Autumn, crops give up their harvest, and then the fields are left bare.

Fruit and nut trees give up their harvest and their leaves. They release into the void, and into the pause of Winter.

Nature knows how to let go, and so do you.

What are you harvesting in your life, this Autumn, before you let go?

How can you let yourself release into Not Knowing?

What are the gifts of the Unknown, for you?

Let Go of What We No Longer Need



The season of Autumn, with its letting go of the harvest, can inspire us to let go what we no longer need.

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

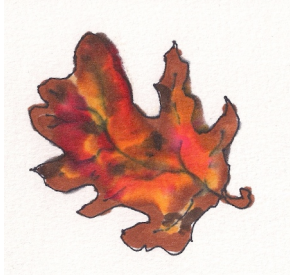
How will you know what is ready to be released?

What are you ready to let go?

It could be physical stuff.....

Or, outmoded beliefs and assumptions, about yourself and your life:

Let Go to Let In



It is only in the letting go of its seasonal growth that Nature makes way, eventually, for the new growth in the next year.

When we let go of what we no longer need, we make space for whatever is next for us to come into our lives.

What are you making space for?

What is ready to come in?

What does your soul want you to know about your letting go, this Autumn?

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 for you?

What are you *really* letting go?

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

Thank You



Autumn invites us to let go, in order to make space for the new.

I invite you to explore and enjoy the freedom of letting go, in this Autumn 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, and many blessings, in these uncertain times,
Lynne

Lynne Fairchild, PCC, MBA
Professional Certified Coach
lynnefairchild@earthlink.net