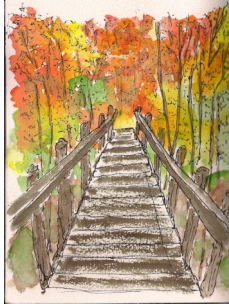


Autumn Alignment Kit 2022



It is Autumn Equinox in the Northern Hemisphere today. It's the day that Autumn officially begins.

In this Autumn Alignment Kit, we will be focusing on Completions: the things that are *organically* ready to complete in your life.

The harvesting of crops and the falling of leaves in Autumn are a reminder that we experience many completions in our lives, but we don't always recognize them consciously. As I write this, there are golden leaves falling from the ancient black walnut tree in our backyard. We call her the Goddess Tree, because she embodies a lot of wisdom.

In this Kit, we will access the energy and wisdom available to us when we consciously acknowledge the completions in our lives.

Welcome to the beautiful season of Autumn!

The Summer Alignment Kit was about restoring ourselves.

How restored do you feel now?

What do you need right now to feel more fully restored?

The Invitation of Autumn: Completion



Autumn is the completion of a cycle in nature.

The cycle began last Winter, when seeds were lying dormant in the ground, doing what seeds do to get ready to sprout in the Spring.

Then, just as day follows night, the seeds sprouted with the Spring rains.

They went on to grow robustly, with the warmth of the sun, throughout the Summer season, until the vegetables, fruits, or nuts were ready to be harvested this Autumn. This is nature's completion.

These cycles of nature are going on every year, and they remind us of the cycles of our own lives.

The cycles of our own lives are probably not so neat and tidy and predictable as they are in nature, but they still are there.

We experience cycles in many ways in our lives: in our commitments, projects, and even in our relationships.

What are the cycles that you notice in your life?

When we consciously acknowledge the cycles in our lives, we have the opportunity to keep our energy moving and engaged, and we also can release things that are ready to be completed, freeing up energy and space for the new.

One way to recognize the completions in our lives is to use a simple three step process:

- Honor and Celebrate
- Release
- Pause and Welcome

Honor and Celebrate



As part of conscious completion, we want to honor the ways in which something that is completing has served us. We celebrate its presence in our life, and we give thanks for its service.

What is ready to complete, in your life?

Review your commitments, projects, relationships, and any other areas of your life; trust that you will know, at the deepest level, what is ready to complete.

What can you honor about these things that are completing?

How have they served you?

Give thanks for all the ways that these things have contributed to your life.

Release



Having honored and celebrated the impact of these things in your life that are ready to complete, it is time to reverently and respectfully release them.

What is it to release something that was important or precious to you, at a prior time in your life?

What's the loss that you may feel from these releases?

How do you need to process any loss, and take care of yourself, in it?

What actions do you need to take to release those things in your life that are complete?

Pause and Welcome



After we have consciously completed something in our life, it's important to pause and appreciate the space, before we jump into something new.

We often forget this step. It's important to let nature have its vacuum. By pausing, we can see more clearly what the "new" is, that is ready to come in.

After the pause, we welcome the new.

How can you pause and recognize the space that is now in your life?

How would you like to welcome in the "new"?

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?

Where are the completions in your life, the ones that are *organically* ready to be released?

Commitments

Projects

Relationships

Other

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

Thank You



I hope that this conversation with your soul has inspired you to complete the things in your life that are ready to be completed and released.

Nature, in Autumn, with its harvest and the shedding of the leaves, is a model for the natural and organic cycle of completion.

We can choose to align our energy with the natural cycles, and free ourselves from carrying anything that is no longer ours to carry.

With much love and many blessings,

Lynne

Lynne Fairchild, PCC, MBA

lynnefairchild@earthlink.net