

Autumn Alignment Kit 2023



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 the joys in your life.

Color has always brought me joy. I love color. Bright, beautiful colors enliven me and add immeasurably to my life and energy.

Autumn, to me, means bright, beautiful colors in nature, and since these bring me so much joy, I was inspired to make this Kit about the joys in your life.

Welcome to the beautiful season of Autumn!

The Summer Alignment Kit was about Vitality.

How vital do you feel right now?

What do you need to feel more vital?

The Invitation of Autumn: Focus on the Joys in Your Life



As we take in all the colors of Autumn, we can let those joyous colors in nature remind us of the joys in our lives.

Our lives are complex and often challenging. It's easy for us to get into the habit of focusing our attention on the challenges that we face, sometimes causing us to neglect the joys.

Let this Autumn be an opportunity to focus on and celebrate the joys of your life, as they will balance the challenges.

When you give attention to the joys in your life, it can feel like you are living in technicolor, rather than black and white.

It's important to focus on the things that give us joy; it gives us energy to focus on everything else.

What are the joys in your life?

Joys That Are Shining Brightly



Think about the things in your life that feel joyful, and that energize and inspire you.

Of those, think about which ones are shining brightly in your life right now. These are probably the ones that you devote attention to. They may be the ones that are most important to you.

What are the joys that are shining most brightly in your life right now?

How do you nourish them?

What makes them important enough to you that you devote time and attention to them?

Joys That Are Dim Right Now



There may be things in your life that bring you joy, but that are not shining so brightly currently.

Perhaps there really isn't time for them to be "center stage" for you right now.

Maybe, in the face of other priorities, you haven't had the energy to cultivate them.

Or, they might have just dropped off the radar screen of your life, in the midst of everything else.

What are the joys in your life that are dim right now?

Think about things that used to make you very happy, but that haven't been a part of your life recently. Also, think about the joys that you mean to include in your life, but never get to. There may be things that bring you joy, but are also filled with challenges.

How important are these joys to you?

When they are present, what do they add to your life?

How do these joys contribute to your well-being, when they are a part of your life?

Of these currently “dim joys”, which ones are important to bring back into your life in a fuller way?

How can you nurture them, so that they shine more brightly in your life?

I'm Grateful For.....



One of the themes of Autumn is harvesting.

This Autumn Alignment Kit wouldn't be complete without our focusing on (or harvesting!) what we are grateful for in our lives.

What are the joys, bright or dim, that you are grateful for in your life?

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 the joys that you want to cultivate in your life, during the Autumn?

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

Thank You



I invite you to allow the beautiful colors of Autumn to fill your heart with joy.

I hope that this conversation with your soul has inspired you to focus on the joys in your life.

With much love and many blessings,

Lynne

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