

# Autumn Alignment Kit 2024

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Today is Autumn Equinox in the Northern Hemisphere. It's the day when Autumn officially begins.

We are on the threshold of another seasonal transition. Autumn is a season of change and stunning beauty.

As we tune into Nature's cycles, she can help us move into the fullness of ourselves.

Look around and appreciate the abundance of harvest time.

In this Alignment Kit, we will focus on "gathering in": looking at things in your life that are completing, making space, and being with the unknown of what's next in our lives.

The Summer Alignment Kit was about the energies of love, of all forms, in our lives.

**How does all of the love in your life contribute to your vitality and aliveness?**

## The Invitation of Autumn: Gathering In



Autumn has always felt like a time for “gathering in” for me.

It is harvest time, so it is a literal gathering in and celebrating of the year’s harvest.

But it is also an opportunity to look at what’s completing in your life, and to make space for the new, which is especially important (and perhaps challenging) when you don’t yet know what the new will be.

Just as Spring is an opening time, Autumn is a closing down time. Nature moves to her own rhythms. Paying attention to the cycles of Nature can help us align to our own cycles.

The first thing that we honor in this Autumn are completions.

**In your life right now, what is completing?**

## Completions



Completions can be bittersweet.

Often, they are a celebration, but they may also feel like a loss.

It's important to honor the celebrations and any feelings of loss, and to notice what you have learned.

Doing this will help you release what's complete in your life.

**Of the completions in your life, which one feels the most important to acknowledge?**

**For that completion, what can you celebrate?**

**What is the loss that you feel, as this completes?**

Be very compassionate with yourself.

What have you learned, from this experience, as it competes?

What do you need to do for this experience to feel complete for you?

I invite you to look at your other completions, and if it feels like it would be helpful, go through the same inquiries for that experience in your life. The more that we consciously honor our completions, the easier it is to release them, when it is time.

## Making Space



You have now harvested your celebrations and learnings from those things that are completing for you this Autumn.

When we have a vegetable garden, we “put it to bed” in Autumn, after we have harvested all the bounty. We clear out all the refuse, and perhaps till up the ground, to make the garden space ready for new growth in the Spring.

Just like we do that for our gardens, we can do that for ourselves and our lives.

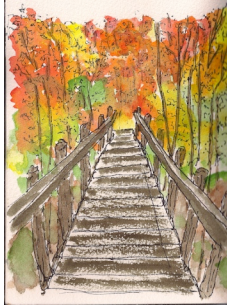
We can clear space in our environments and our minds, to make room for the emergence of the new. This can be especially important if we don’t have even the slightest idea what the new is yet. It’s a gesture of openness and readiness for the new, in our lives and in our hearts.

**Where would you like to clear space in your physical environment?**

**What can you clear from your mind, to make you more open for change?**

Consider obsolete beliefs and perspectives, and old ways of being that no longer serve you.

## Being in the Unknown



We have now released whatever is completing, and made space for the new.

Now we wait for the new.

Sometimes you know what is next in your life. But often, you can just sense that something is changing, and that something new will come in, but you don't have any idea what that new is yet.

This brings in the challenge of being in the unknown.

What do you do, and how do you be, when you don't have a clear vision for what is to become, in your heart and your life?

Your deepest inner wisdom knows the answers to that question. It is different for everyone, and possibly different from other times in your life when you have experienced change.

I invite you to slow down and take some time to become centered in your deepest self, in whatever way works best for you. Perhaps you can make a cup of your favorite beverage, and take some time to breathe deeply and meditate. Perhaps you can take a walk in Nature and breathe in Autumn.

When you feel centered and connected with your deepest self, ask the following questions and see what arises for you. If nothing comes to you right away, trust that the guidance will show itself to you in right timing.

**What helps you be with an unknown future?**

What do you do when you don't yet have a clear vision?

How do you want to *be* in the unknown?

What will help support you as you are in the Not Knowing Time?

## 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 to you?**



How would you like to honor the completions in your life, and to welcome the new?

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 embrace the transitions that are calling to you this Autumn, in your life and in your heart.

Autumn can help us move through change, with it's beautiful colors and visual reminders of change.

We can choose to align ourselves with Nature's cycles, to help guide us on our life's journey.

With much love and many blessings,

Lynne

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