The seasons are changing, and although many hate to say goodbye to the carefree days of summer, A**utumn** is once again upon us. **Autumn** is the time of the **harvest**, **of preparing for the longer and colder nights, and of personal reflection.**

In **Autumn** everything is in **balance** again, **day and night**, **light and dark.** And as such, it is a perfect time to **reflect** on:

❖ who we were,
❖ who we have become, and
❖ who we will be.

Both the **Spring** and **Fall Equinoxes** mark times of **change.**

 Equinox is a unique phenomenon during which the earth's **day and night** are of equal length resulting in 12 hours of daylight and 12 hours of night in every part of the earth.

In **Spring**, we look to **outward growth**, in the **Fall** we look at the **inner transformations** that are to come during winter's **heavy introspection**. As the leaves **transform** from their verdant shades of **green** to the burnished shades of **gold, red, and orange**, this is the time to see where **we, personally, could use some polishing so that we can glow.**

"Autumn show us how beautiful it is to let things go." Holding on to dead leaves does **not** help the tree weather the cold of winter and holding on to **outdated** aspects of our lives will **not** aid us in **moving forward** either. Just as the trees give up their leaves, this is the ideal time for us to **give up habits, practices, and even relationships that no longer serve us.**

Part of **preparing** for the cold time is to see what we have in our **storehouse.** What are we in **abundance** of and what are we **lacking?** The better prepared we are, the better we will be able to use the rest of the season to ensure that we can **not only survive** the harshness of winter, but also **thrive** in our own way.

Reflection questions:

❖ What am I **grateful** for? What do I **want** to **continue** to have in my life?
❖ What do I **desire** to have in my life? What do I want to **create** or manifest?
❖ What am I now ready to **let go** of, either because they are no longer relevant or because they are holding me back from being the best version of myself?