



Autumn Reflections

This page guides you through four weeks of gentle reflection from the Autumn Equinox to Samhain/Halloween
- a threshold of endings and beginnings.

Each week, focus on one anchor: Balance, Harvest, Release, or Prepare. Even a single word or phrase carries meaning.
Let it be simple and true.

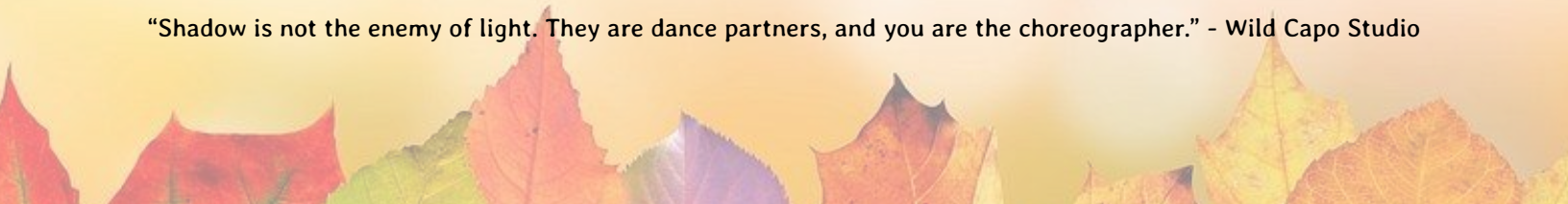
BALANCE: Where am I being called to soften? Where am I being called to stand firm?

HARVEST: What am I gathering from this year's lessons, work, or relationships?

RELEASE: What am I ready to let fall away, like the autumn leaves?

PREPARE: How will I fortify myself for the darker months ahead?

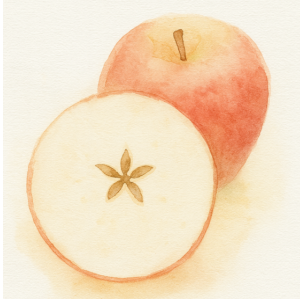
"Shadow is not the enemy of light. They are dance partners, and you are the choreographer." - Wild Capo Studio



Autumn Rituals

Apple Star Spell - Balance and Harvest

Cut an apple crosswise to reveal the hidden star. The five points represent *earth, air, fire, water, and spirit*.



- ★ Earth - home, body, nourishment
- ★ Air - breath, clarity, ideas
- ★ Fire - passion, creativity, transformation
- ★ Water - emotions, healing, intuition
- ★ Spirit - connection, purpose, guidance

As you eat the apple, name a gratitude for each point of the star and feel it nourish you as the apple does.



Bay Leaf Spell - Release & Prepare

Bay leaves symbolize clarity, protection, and truth.

With a dark colored pen, write what you are ready to release on a bay leaf. Examples:



- Overcommitting
- Old belief: "I'm not enough" or "I'm too much"
- Tension in your body
- Draining relationship pattern

Release those feelings into the leaf, then either burn it in a fire safe container (to release it to spirit) or shred and compost it (to recycle it back into fertile soil).