

An Autumn Meditation for Deep Harvests

Take a moment to focus on your breathing; every breath is taking in and an Autumnal letting go. Be with your breathing, without trying to change it, for the space of several breaths. Now turn your attention to the past year. What were the major events for you? What did you learn? Take a piece of paper-you may want to decorate it with symbols and drawings of importance to you. On it write down three sentences. Say it aloud three times. Now, carefully light the paper & place it in the fire. As the paper flames & then burns to ash, give thanks for the patterns of learning, of taking & releasing, in your life.

Please sit, take some time & share your thoughts about this retreat. What are you feeling right now?