



Sacred Rhythms™

Your Journey into Deeper Connection with
the Natural Cycles of Life starts here

The Autumn / The Sovereign

1) Activate a daily (or weekly) practice of Celebrating

Further integrate the energy of Autumn and The Sovereign by practicing the Sacred Art of Celebrating. Daily or weekly, make a few minutes time to not only LIST OUT the inner and outer things you'd like to celebrate, own, and acknowledge yourself for, but also to FEEL the CELEBRATION of each in your body.

You can do this for things you are grateful for as well.

2) Cultivate Forgiveness for things that haven't grown in the ways you have wanted

As we explored, one of the gifts to true Harvesting is getting stuck in shame, self-judgment, frustration or hopelessness about the things that didn't grow the way we had hoped. Write a letter of forgiveness to yourself, to another person whom you blame, or to the project itself that didn't grow in the ways you have hoped. Cultivate forgiveness in yourself and your heart so that you can Harvest what is ready to be harvest and let go what is ready to be let go of.

3) Take Any Action Steps that Came up that Feel Aligned

Your Sovereign might have revealed to you some outer action steps - perhaps baby ones - you can take to own, harvest, acknowledge, celebrate or improve in your life. See if you can stretch yourself to start taking those baby steps.

4) For Your Client Work:

- Which of your Clients is ready for to Harvest, Own, Acknowledge, Assess and/or Celebrate?
- How would you like to lead those clients to their Harvests?
- Which of your Clients is having trouble moving into a Harvest phase?
- What areas/issues would you like to explore with that client?