

# Fall Ritual of Reflection and Release

You can do this ritual outdoors if you want to soak up the energy of the season or you can be indoors.

## **What you need:**

Candle

Pen and paper.

Cauldron or pot you can safely burn the paper in.

## **Step 1**

Light the candle and contemplate all you have accomplished so far this year and then write it down. Really take in all you have done so far.

## **Step 2**

Take a few moments to contemplate what you would like to release. Perhaps it's phrases, habits, people, jobs, stuff. It can also be specific resentments or fears. Write these on a separate piece of paper.

## **Step 3**

Take the piece of paper with those things you'd like to release and burn it in your pot or cauldron. As you burn it, truly feel yourself letting go of those things you wrote down.

## **Step 4**

Sit in restful meditation for 5 to 10 minutes after the paper burns. If what you want to release is something that requires steps in the physical world, be sure to take one step towards releasing it as soon as possible after the ritual.

## **Step 5**

Take your accomplishments and post them where you can see them often. We sometimes forget how much we've done and believe we haven't done enough. This keeps us striving but seeing our list reminds us we have done plenty. The point is to come to a place of inner calm about it, so you let go enough to dream of what's next.