# 3 TIPS TO ANCHOR YOUR AUTUMN

Below are 3 suggestions or processes you can do to Anchor your Autumn. So often we can see Autumn as the beginning of the end of fun and play. In some ways it does mark a slowing down but it doesn't have to be boring!

## TIP 1: Summer Brights to Autumn Nights

Still take time outside. There is a world of beauty in the Autumn transition if you are willing to observe with curiosity. Still visit the beach but enjoy the wildness of the wind, the cloud shapes, and the crashing of the rougher seas. Go to the forests and enjoy the magic of rugging up to the cooler mornings and dampness.  Put extra layers on and get up early in the morning and tune in to the different sounds and smells of Autumn coming. Notice nature around you start drawing in its energy in preparation for winter and ask yourself:

- "What do I need to do to support myself as I begin drawing inward?

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## TIP 2: Seeding Change

In the seasonal cycles this is a time of harvesting of seeds. The fullness of the plant draws energy into it seeds, its bulb, or pods. This season teaches us that it is a time to reflect the fullness of what was. It is a time to revere the journey you have been on. Sense into what has changed from 6 months ago, or a turning point in your life  and ask yourself:

- What seeds of wisdom have I learnt in the journey that has been to take into this quieter space?

## TIP 3: Autumn Rhythms

"Busy"…the buzz word of the modern world. I get that we have demands and that it can be tough these days to allow your body, mind and emotion to work with the season. We often keep the same pace in our lives regardless.  This is the beauty of wisdoms drawn from ancient knowledge. So, rather than trying to manage "busy" why not try a practice that is season related. Ask yourself:

- How can I give myself what I need that follows the rhythm of Autumn? -  For example, you can think of this in terms of time, space, food, pace, reflection, mindfulness, or observation.


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