

FALL EQUINOX

*The Fall Equinox marks the time of the year when there are equal hours of light and dark. Nature is in balance. It's a time to gather blessings and the gifts of your hard work. It's a time to look back on the previous season, to rest and to celebrate. **If you'd like to conduct your ritual with a group, I've provided additional instructions in red.***

1. **Gather symbols of Fall.** Collect a few items that symbolically represent fall (colorful leaves, corn husks, acorns, pumpkins, basket of apples, seeds, dried flowers, etc.). *Each person should bring something to the ritual that they've gathered.*

2. **Prepare a space.** If you have an altar, greet your altar and honor your sacred items. If you don't have an altar, find somewhere comfortable where you won't be disturbed. Gather a few items to make your ritual space special (such as a rug or pillow, items to represent the four elements, crystals, stones, etc.). Arrange the items you gathered to represent Fall upon your altar or in your ritual space. [Click here for instructions on Creating an Altar](#). Light a candle. *Gather in a circle and place the items you've brought in the center.*

3. **Perform a cleansing ritual.** Burn sage or diffuse essential oils to clean your space. Play high vibrational music, strike a crystal bowl or bells, or tone with your voice. Consider taking a bath beforehand and dressing in white, green or gold or *let each person wash their hands in a sink or dip their fingers in a bowl of water that can be passed around the circle as a purification ritual.*

4. **Create a sacred container.** *If you're conducting your ritual with a group, one person can guide the group for this next part, but everyone should also individually connect with the earth and sky. For the invocations, one individual can say them, several can share the task, or everyone can say them together. Each person should also feel how their hearts sit in the center of it all. You can also connect each of your hearts to each other by imagining sending a line of light into the center of your circle...oftentimes, this happens without any conscious effort. Hold hands if you like.*

Connect with Mother Earth and the Divine Feminine and all the earthly guides and guardians by sending love from your heart down into the Earth. Connect with Father Sky and the Divine Masculine and all the heavenly guides and guardians by sending love from your heart up into the sky and the heavens.

If you've created your own invocations for calling in balancing energies as discussed in the [Creating Sacred Space](#) ritual, speak them now. As you speak each invocation, consider

lighting a candle to honor each balancing point. If you haven't written your own invocations, try these:

- *I call upon light and air at the east, the direction of springtime and the rising sun.*
- *I call upon light and fire at the south, the direction of summer and the noon-day sun.*
- *I call upon light and water at the west, the direction of fall and the setting sun.*
- *I call upon light and earth at the north, the direction of winter and midnight.*

Feel how your heart sits in the center of everything. Breathe deeply. Everything meets in your heart.

5. **Speak your intentions.** Recite a prayer or poem, or simply acknowledge why you've come (such as "I/we come today to honor the passing of one season to the next, to release what no longer serves me/us, and to take the first step on the spiral inward"). Ask your guides, ancestors, guardians and angels to assist and support you in this time of gathering and letting go.

6. **Practice gratitude.** The passing of one season to the next reminds us that all things must come to an end. Warm days will soon give way to cold ones. Flowers and leaves will die and be reclaimed by the Earth. Many birds and insects will soon begin migration. Other creatures will retreat into cozy homes and hiding places for the winter. It's a time of letting go, perhaps of mourning, but also a time to celebrate your successes and give thanks for everything the previous season has brought to you. By acknowledging all you've received and giving thanks, you create internal balance.

Take a moment now to reflect on the previous season, whether that be the actual calendar season, the entire year, or a season of your life. What have you learned? What are you grateful for? Spend a few minutes writing down the things you are grateful for (use the form "I am grateful for....because...."). When you're done, consciously breathe in all the things you feel grateful for. Let them fill you up and nourish you. Place your list upon your altar. *In a group, each person should do this on their own in a few minutes of quiet reflection. You can then go around the circle, having each person read one or more of the things they are grateful for. Acknowledging what you're grateful for aloud and having it witnessed by kindred spirits magnifies the energy of gratitude, blessing everyone.*

7. **Be creative.** Fall is a perfect time for crafting, and doing something creative alone or within a group is a great way to celebrate abundance and say goodbye to the fun days of summer. You can draw or color with bright crayons or markers (be sure to use yellows, reds and oranges to welcome the coming season), paint acorns and string them to make necklaces, make a corn husk doll, play a drum and dance, sing, carve apples or pumpkins, bake a pie, press leaves, or create a sacred wheel out of rocks. Whatever activity you choose, it should feel

joyfully creative and sacred. *In a group, each person can do their own individual activity, or you can join together for a larger activity (like creating a sacred wheel).*

8. Extend gratitude and close your ritual. Thank the elements and the directions, the Earth, your guides, guardians, and ancestors. Extinguish your candles and end by offering your blessings "for the highest good of everyone."