

From Lammas until All Hallows Eve on October 31st, we're in the time of harvest. It's a time for gathering abundance and opening to receive, but also a time for taking stock. What gifts are you harvesting? What difficult lessons? Now's the time to judge the seeds you've sown.

Where do you feel nourished and fulfilled? Acknowledge and give thanks for these places. These are the seeds to gather, preserve and plant again. Where do you feel starved and empty? Where have you failed to harvest what you'd hoped for? Acknowledge these places, too. Take stock, then choose to plant more nourishing seeds, starting with acceptance and kindness for yourself. Forgive yourself your mistakes. Forgive yourself for not knowing better.

Take a deep breath and say,

"I forgive myself my mistakes. I've always done the best I could at the time, and that is enough."