



As we watch leaves fluttering to the ground in the fall,
we are reminded that nature's cycles are mirrored in our lives.

Autumn is a time for letting go
and releasing things
that have been a burden.

This is the right time to practice getting out of the way
and letting Spirit take charge of our lives.

Autumn reminds us of the impermanence of everything.
We have experienced the budding of life in spring
and the flowerings and profusions of summer.
It also brings home to our consciousness death
and the challenge to live every day to the fullest.

*Cynthia Kneen, in Awake Mind, Open Heart
shares an open heart practice to carry with you into Autumn.*

“When you are brave and have an open heart, you have affection for this world
— this sunlight, this other human being, this experience.

You experience it nakedly, and when it touches your heart, you realize this
world is very fleeting.

So it is perfect to say ‘Hello means good-bye.’

And also, ‘My hope, hello again.’ ”