

A close-up photograph of a large, ripe orange pumpkin. The pumpkin's surface is covered in characteristic ribbed patterns and has a few small water droplets. A small snail with a dark, patterned shell is positioned on the pumpkin's surface, partially behind the word 'Autumn'. The word 'Autumn' is written in a white, cursive script across the center of the image. The pumpkin's stem is visible in the bottom right corner.

Autumn



Questions for the changing of seasons:

What intentions did you plant last spring? What did you hope for?
Where did you spend your energy over the summer? What did you grow?
What are you harvesting this fall? What bounty are you grateful for?
What do you want to preserve and nurture this autumn season?

Season Change Watch List

(make a chart and answer these questions every day for a week)

1. How's the light?

- What time is sunrise?
- What time is sunset?

2. Find a tree (to watch all week)

- How many colors are the leaves?
- How many leaves have fallen?

3. What's the temperature?

- When you first wake up? At lunch? Before bed?
- Find out by actually going outside
- Can you see your breath?

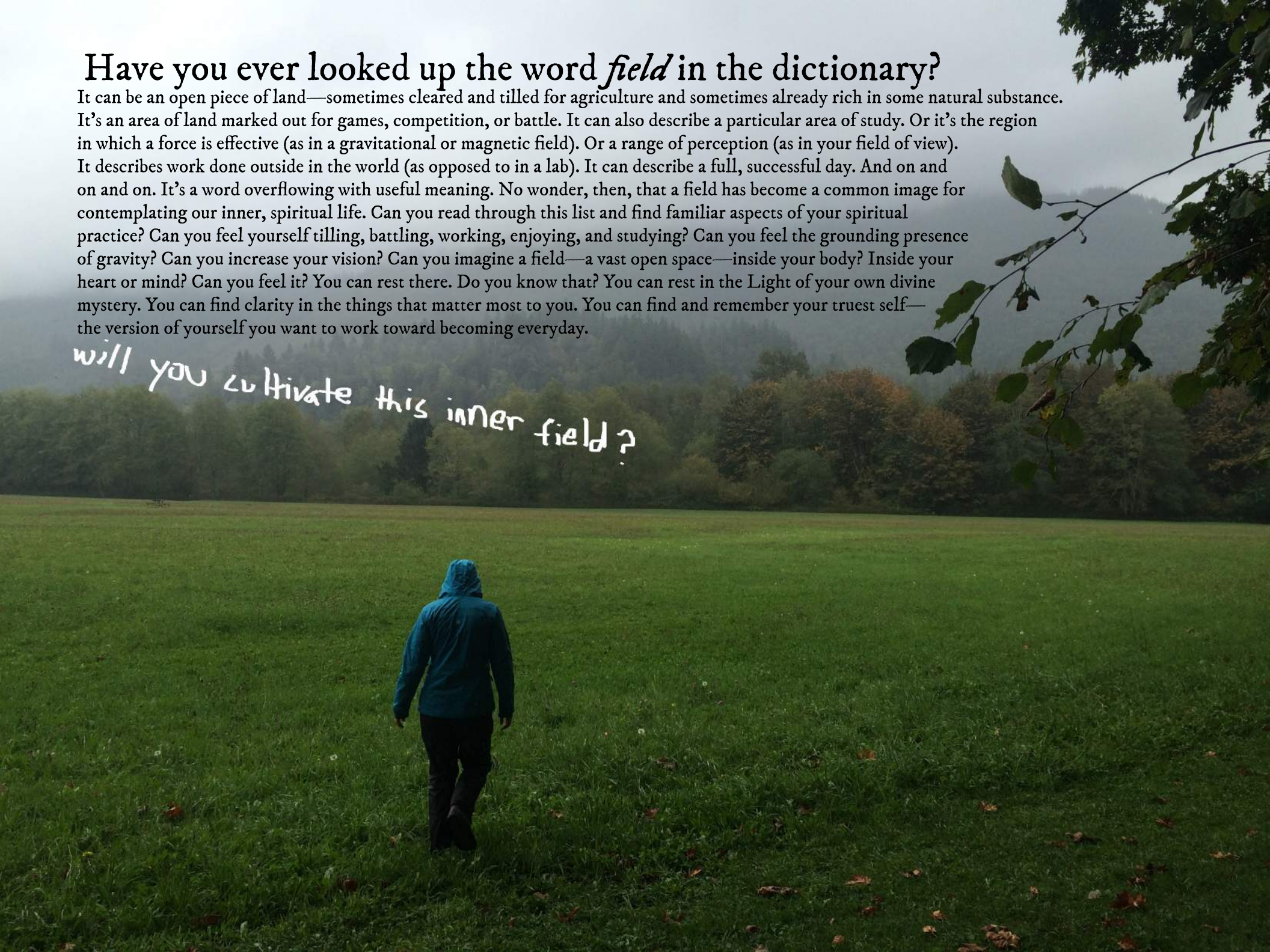
4. How's your mood and energy?

- Do you feel more internal or external?
- Do you crave activity or stillness?

Have you ever looked up the word *field* in the dictionary?

It can be an open piece of land—sometimes cleared and tilled for agriculture and sometimes already rich in some natural substance. It's an area of land marked out for games, competition, or battle. It can also describe a particular area of study. Or it's the region in which a force is effective (as in a gravitational or magnetic field). Or a range of perception (as in your field of view). It describes work done outside in the world (as opposed to in a lab). It can describe a full, successful day. And on and on and on. It's a word overflowing with useful meaning. No wonder, then, that a field has become a common image for contemplating our inner, spiritual life. Can you read through this list and find familiar aspects of your spiritual practice? Can you feel yourself tilling, battling, working, enjoying, and studying? Can you feel the grounding presence of gravity? Can you increase your vision? Can you imagine a field—a vast open space—inside your body? Inside your heart or mind? Can you feel it? You can rest there. Do you know that? You can rest in the Light of your own divine mystery. You can find clarity in the things that matter most to you. You can find and remember your truest self—the version of yourself you want to work toward becoming everyday.

will you cultivate this inner field?



When you think of Autumn—of fall— what do you think of? What do you remember? What's your favorite childhood memory from this time of year?

If it hasn't been already, can you update and transform this memory into a new annual tradition? Or at least something you can do to celebrate the season this year?



*ONE OF MY FAVORITE
MEMORIES TRANSFORMED*

I grew up camping, but
as an adult I've extended
my camping season far
beyond the summer months.


In fact this year I've
camped every month.
To celebrate the transition
from summer to autumn,
I decided to update my smores
with the flavors of fall.

Randies
vegan
marshmallows

mi-del
ginger snaps

theo's salted almond
dark chocolate 70%





I wish you a wonderful
fall season full of bounty
& gratitude.

— Sumo

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