



Harvesting, and Aligning with Your Essence

Here we are in the Fall season. It's amazing how time can pass! One thing I love about living where seasons noticeably change is that I'm called to be a part of the cycles and rhythms of nature.

In our daily lives, it's so easy to get busy and forget this. It's like we live perpetually in Spring and Summer, seeding new projects, weeding out what doesn't work, vigilantly watching for what's working and what's not. We work long hours and are in motion most of our waking hours.

Balance comes from remembering to include times of harvest and rest. If we never gather in the fruits of our efforts, don't digest and absorb the energy of what we've created, we become depleted. We feel the lack energy of what's not accomplished rather than basking in the abundance of all that we are and all that we've created.

This month, we're diving deeply into harvesting our accomplishments and taking in that energy. We'll do a special new process on our Clearing Call that's making a huge difference for me in my own practice.

We're also going to go a step further in claiming our own awesomeness. Doing so will help pave the way for dreaming the new year, which we'll do next month. Not only that, but you'll start seeing yourself differently from the moment you engage in this exercise. We had a great time with it on the Content Call this week, and I'm excited to share it with you here. I've given you lots of space to write. Use more if you want.

Ready?

What have you accomplished this year? If there's another timeframe that you'd rather play with (a month, 3 years, etc.), use that. Look in different areas (work, home, personal life, body, energy). List little things and big things, tangibles and intangibles. If it occurs to you, write it down. See if you can go into your discomfort zone with all that you're claiming here.

Looking back through your list, choose some and write down what's great about them. For instance, you might say, "I handled a delicate situation with an angry client in a way that felt good to me. This is great because it helped me get more clear about what's important to me and I got more confident in handling situations like this. I expanded!"

Over the years, you've been told or thought to yourself that you're "too" something. Too loud, too quiet, too messy, too uptight. Make a list of those things here. "I'm too..."

Now, take off the "too". How does it feel to claim being loud, quiet, messy, uptight? Look through your list above. If the word you wrote feels good to claim as it is, write it down here. If it doesn't, what's another, more true word that resonates for you? For instance, "uptight" may actually be dedicated, passionate, organized, and/or responsible. If you think of other words to include, do so! Write as much as you'd like.

What do you notice about how you're feeling now? What are you experiencing in your body?
