



A Simple Act of Faith

Ever felt like you really needed to let go? Fall is a season of letting go of the fruits of our intentions and labors for the year. The harvest. The time of separating the wheat from the chaff. In my life, that means looking at all the projects, ideas, and efforts of the year. Then keeping what really worked, and letting go of the rest. Preparing for the inward time of winter. This can be rather anxiety-producing for someone like me who likes to see action and results.

Today I spoke with a client who was challenged with a lingering dry cough. She was clear that it's a detoxing reaction as she lets go, body, mind and spirit, of old ways of being in the world. After looking at physical remedies with essential oils and such, we checked in on the energetics. There was a deep discomfort with the demands of the season: in preparation for the winter when plants go deeper inside and accumulate energies for sprouting in the spring. The solution: plant a bulb in the ground to remind you that after enough energy is stored in the roots, a new flower will surely sprout! Nature is a wonderful teacher about the natural cycles of life. Being in tune with these cycles helps us to connect with the periodic ebbs and flows instead of fighting them!

Ceremonial process:

- Go to your favorite nursery. Walk around soaking in the nature, even in the fall.
- Visit the bulb section. Ask the Devas and Nature Spirits to help you intuitively choose just the right one.
- Back at home, write down all that you are letting go of. Shred or burn the paper when you are complete, imagining letting go as you do this.
- Choose the best place to plant "your" bulb. Dig the hole, and use the ashes or shredded paper to "fertilize" your bulb; allowing the old energy to transform. You might feel like adding something else in the hole: a special rock, crystal, poem, feather, photo of what you would like to create in the spring, or whatever calls to you.
- Add dirt, and let it rest.
- Mark the spot with a special rock, sign, flag. This way you can visit your bulb whenever you need to be reminded something IS happening; you just can't see it yet. Be sure to resist the urge to dig it up and look!!!

I would love to hear your experiences with this ceremony. Please email me Elaina@QuietStar.com and let me know if I can share your words with others.

Blessed trusting, Elaina