

## Fall Ceremony Opportunity ~ Elaina Geltner

**Purpose:** To harvest what you have grown this year, and let go of the rest!

Separate the wheat from the chaff, receiving/recognizing/storing/integrating the harvest, letting go of the chaff (debris, what didn't work, what you're done with), returning it to the void.

**When:** The most auspicious time is at sunset just preceding the Autumnal Equinox. Time of the Equinox is available at <http://www.astrology.com/solstinox.html>.



### Preparation:

A. **Inventory** what you have grown this year. What is it that worked? What are you done with? Another way of looking at this: "What do I still want to grow/create, and what is in the way?"

B. **Decide what to let go of.** This could be an energy, or something very tangible. I know someone who had been unsuccessfully trying to sell their house for a long time. They let go of it during fall ceremony and it sold almost immediately.

Energetically, you might have realized that your need to control is keeping you stuck. So you could release control.

Physically, you might let go of an eating pattern that no longer serves you. You get the idea!

Find an **object** (or symbol) that holds the energy that you wish to release.

C. **Keep what works!** Be sure to acknowledge yourself about what you HAVE accomplished; what is successful. This is a reminder not to "throw out the baby with the bath water!"

D. **Prepare** your body-mind-spirit. Cleansing of any kind is a powerful preparation for ceremonial practice. It is a very individual process. Choose a plan that works for you. Some people adopt a Lenten-type practice of giving up certain foods. Sometimes a progressive fast is perfect. Remember that as you approach ceremony, you want to be as clear as possible. Fasting from TV, negative thoughts, or confusing energy is also a good idea. Nurture yourself!

E. **Choose a spot:** Somewhere you feel safe and connected to All-That-Is, Spirit, God, etc. Where energy moves. Nature is great, but you want to make sure you feel safe to let go. Privacy is important. Water energy: flowing, not stagnant. Ocean, lake, stream or even a fountain. The bottom or mouth of a canyon are not recommended. I have used my own backyard many times!

F. Write your ceremony. Personalize it however it makes sense to you! Suggestions below.

**Ceremony:** (take water and object to release)

- Go to your spot. If you are in Nature, ask the guardians of the land for permission to enter and do ceremony. Settle in and do your invocation. Prepare yourself in your own way. (I like to call in 'the directions').
- At the time of the sunset, hold your object, watch the setting sun.
- "I come to you in purity, honesty and light, to ask your assistance in returning \_\_\_\_\_ to the void." Find a way to discard it where it will do no harm.
- Listen: are you given any messages? Do you see any animals/birds? How do you feel?
- Completion: express your gratitude. Drink water. Make journal notes.
- After: You will have many opportunities to continue letting go. Dream journals, meditation, and gentle exercise may help you to integrate the experience.

### Some FAQ's:

**Alone or with someone?** Alone is generally recommended if you are inexperienced at ceremonial practices. Take care who you invite to share this ceremonial space with you: it creates powerful bonds. You want to make sure you are doing this for yourself as well.

**What if I can't see the sun?** (clouds, etc) Determine the time of sunset and use your imagination.

**Where did this ceremony originate?** From many time-honored traditions and my own experience.

May your Ceremonial practice connect you with the help you need to move forward on your Soul Path!